

D. J. MOSHER.

Apparatus for Developing the Chest.

No. 201,038.

Patented March 5, 1878.

Fig. 1.

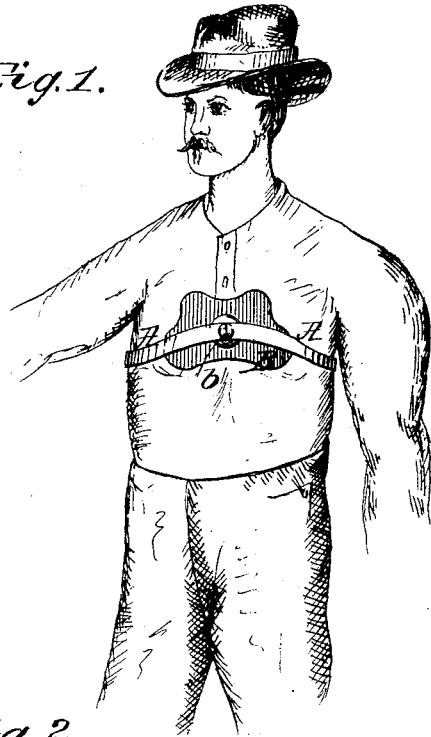
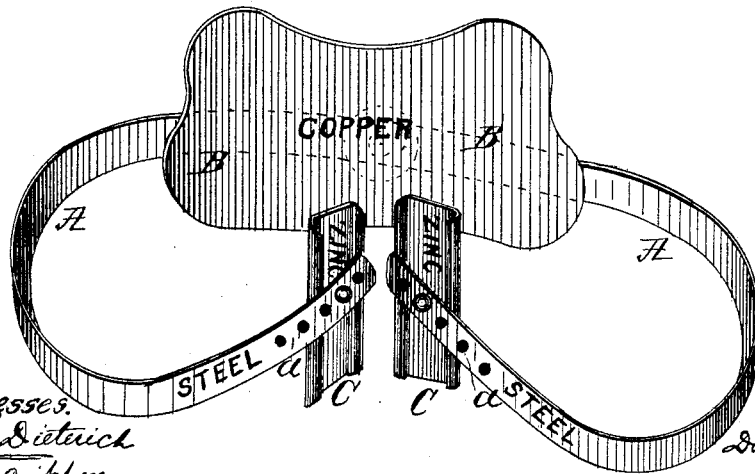


Fig. 2.



Witnesses.
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IMPROVEMENT IN APPARATUS FOR DEVELOPING THE CHEST.

Specification forming part of Letters Patent No. **201,038**, dated March 5, 1878; application filed September 4, 1876.

To all whom it may concern:

Be it known that I, DANIEL J. MOSHER, of Norwich, in the county of Chenango and State of New York, have invented a new and useful Improvement in an Apparatus for Developing the Human Chest and preventing and curing round shoulders, of which the following is a full, clear, and exact description, reference being made to the accompanying drawing, forming a part of this specification, and in which—

Figure 1 is a view showing the apparatus applied to the human body, and Fig. 2 a perspective view of the apparatus.

The invention relates to an apparatus for developing the chest of the human body and preventing and curing round shoulders by opposing the muscles of inspiration and shoulders, and thereby strengthening said muscles—in fact, removing the cause of round shoulders, a weak condition of the muscles of inspiration and shoulders.

This apparatus is to be used in place of shoulder-braces, which hold the shoulders back, and leave the muscles designed for that purpose inactive, really increasing the defect rather than remedying it, as acknowledged by all physicians.

This invention consists of an apparatus, constructed as will be hereinafter fully described, which is to be applied two or three times a day, for five to ten minutes at a time, to the upper part of the chest, and all the muscles of inspiration and shoulders exercised and stimulated, thereby strengthening them, enlarging the chest, and removing the cause of round shoulders.

In the accompanying drawing, A represents a spring of steel or other material, which is made to encircle the body partially or wholly, to the center of which is attached the plate B, of copper or other metal, which is to be applied on the upper and front part of the chest, and C C represent two smaller plates of zinc or other metal, attached near the ends of said

spring. The plate B is applied to the upper and front of the chest, the spring passing under the arms. The plates C C are to rest on each side of the spine, as is clearly shown in Fig. 2.

When this apparatus is applied, as is shown in Fig. 2, the plate B rests on the upper and front part of the chest, the spring passes under the arms, and the small plates rest on each side of the spine. The spring being quite stiff, the chest is pressed back and the shoulders thrown forward. This is an uncomfortable position, and the first inclination of the wearer is to throw the chest out and the shoulders back in opposition to the force of the spring. This exercises the muscles, and consequently strengthens them. The plate B being of copper, and the plates C C being of zinc, connected by the spring, when applied next the skin, previously moistening the skin, there will be an electric current produced, which stimulates the nerves of the muscles, thereby strengthening the muscles.

A person with round shoulders or weak chest, having applied this apparatus for five or ten minutes at a time in the morning and evening for from four to eight weeks, is brought back to the upright and natural position.

I claim as my invention—

1. The apparatus herein described for strengthening and developing the muscles of the chest and shoulders, consisting of the spring A, having the metal plates B C C, when constructed and applied in the manner substantially as specified.

2. The method of developing the chest and preventing and curing round shoulders by opposing the muscles by means of a spring or springs, substantially as specified.

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Witnesses:

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