

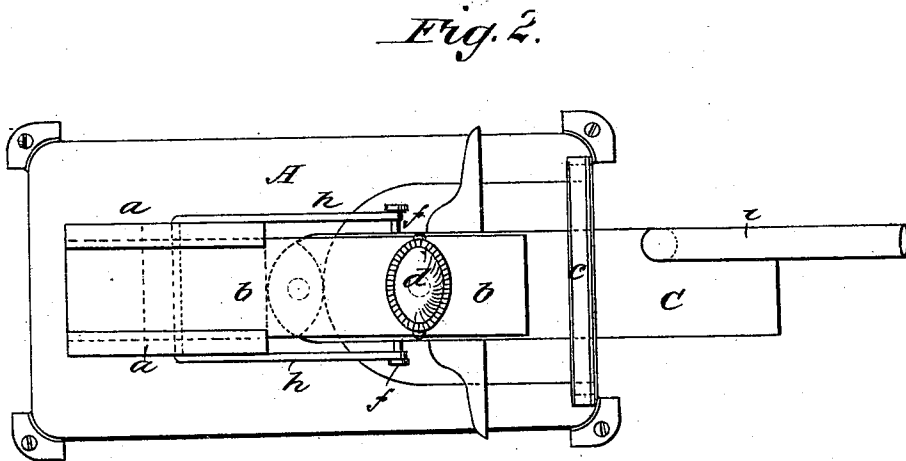
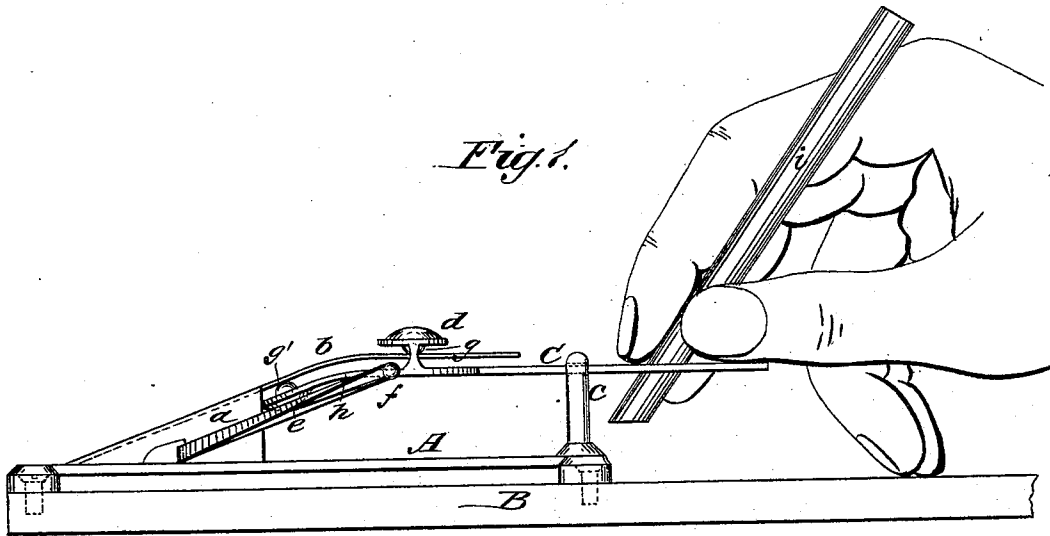
(Model.)

H. FORBUSH.

DEVICE FOR TRAINING THE MUSCLES OF THE HAND.

No. 251,206.

Patented Dec. 20, 1881.



WITNESSES:

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DEVICE FOR TRAINING THE MUSCLES OF THE HAND.

SPECIFICATION forming part of Letters Patent No. 251,206, dated December 20, 1881.

Application filed May 25, 1881. (Model.)

To all whom it may concern:

Be it known that I, HORACE FORBUSH, of the city, county, and State of New York, have invented an Improved Muscle-Training Instrument, of which the following is a specification.

The object of my invention is to furnish an instrument for training and strengthening the muscles used in writing, for the use of learners, and also to correct bad habits of penmanship.

The invention consists in a spring-slide provided with a handle for being held, and fitted so as to be moved in a manner similar to writing, and to enforce correct position of the operator's hand, as more particularly described hereinafter.

In the drawings, Figure 1 is a side elevation of the instrument, and Fig. 2 is a plan view of the same.

Similar letters of reference indicate corresponding parts.

A is the base or bottom piece, consisting of a plate, which may be attached to a table or other support, as at B. At one end of plate A are flanges *a a*, placed side by side, and in grooves formed in these flanges one end of a strip, *b*, of spring metal, enters, so that the strip is held securely with its outer end projecting over the plate A. There is also fixed on the plate A a staple, *c*, composed of end posts and a connecting-bar.

C is the spring-slide, consisting of a strip of metal or other suitable material, formed or fitted near one end with a stirrup or loop, *d*, the under side of which is recessed in concave form. At the extreme end the slide C is formed at its upper side with a concave recess, *e*, and at its sides there are lugs or projections *f f*.

g g' are balls in the concave recess *e* and recessed loop *d*, and resting, as shown, on spring *b*, above and below the same, respectively.

h is a spring, of rubber or other suitable material, having its end caught upon the lugs *f* of slide C, and passing around or through the flanges *a*, so that it tends to draw the slide inward. Two springs may be used, properly connected, in place of one, as shown.

i is the handle of the spring-slide, consisting of a small rod, similar to a pen-handle, attached at the proper inclination.

With this construction the slide C is rendered capable of being pressed down and drawn outward, and reverse movements will be given by the springs *b h*. The upward movement by the spring *b* is limited by the loop *d*, beneath which the slide passes.

In use the handle *i* is held by the operator in the manner of holding a pen-handle, as shown in Fig. 1. While so held the motions of writing are practiced, this being allowed by the universality of movement of which the slide is capable; but more strength is required than in writing. The slide cannot be conveniently operated unless the handle is properly held, and the operator is thus forced to hold the handle in the correct manner of holding a pen. The muscles are thus strengthened and trained and a correct habit of writing formed.

If desired, a pen or pencil may be fitted to the handle *i* for marking the strokes on paper.

Having thus fully described my invention, I claim as new and desire to secure by Letters Patent—

1. The muscle-training instrument consisting of slide C, provided with handle *i*, sustaining-spring *b*, and retracting-spring *h*, combined together on the base A, substantially as shown and described, for operation as set forth.

2. In muscle-training instruments, the combination of slide C, provided with handle *i*, recessed loop *d*, and recess *e*, spring-strip *b*, spring *h*, balls *g g'*, and base A, provided with flanges *a*, substantially as shown and described.

3. In muscle-training instruments, the combination of the spring-acted slide C, provided with handle *i*, with the supporting-base A, substantially as shown and described.

HORACE FORBUSH.

Witnesses:

GEO. D. WALKER,
C. SEDGWICK.