

## **Specification of Samuel Sheldon Fitch : chest expander.**

### **Contributors**

Fitch, Samuel Sheldon.

### **Publication/Creation**

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A.D. 1861, *5th August.* N° 1940.

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S P E C I F I C A T I O N

OF

SAMUEL SHELDON FITCH.

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CHEST EXPANDER.

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LONDON:

PRINTED BY GEORGE E. EYRE AND WILLIAM SPOTTISWOODE,

PRINTERS TO THE QUEEN'S MOST EXCELLENT MAJESTY:

PUBLISHED AT THE GREAT SEAL PATENT OFFICE,

25, SOUTHAMPTON BUILDINGS, HOLBORN.

*Price 3d.*

1862.









A.D. 1861, 5th AUGUST. N° 1940.

### Chest Expander.

*(This Invention received Provisional Protection only.)*

**PROVISIONAL SPECIFICATION** left by Samuel Sheldon Fitch at the Office of the Commissioners of Patents, with his Petition, on the 5th August 1861.

I, SAMUEL SHELDON FITCH, Doctor of Medicine, of 16, Upper Seymour Street, Portman Square, in the County of Middlesex, do hereby declare the nature of the said Invention for "**AN IMPROVED CHEST EXPANDER**," to be as follows:—

My improved chest expander consists of a back piece of canvas or other suitable material, elastic or otherwise, fitting to the back, and extending from the neck as low as the hips of the person to which the expander is applied, of suitable form for the purpose. To the lower part of this back piece is attached a belt of elastic material encircling the abdomen, for securing the expander to the waist of the wearer, which is fastened in front by buttons or otherwise, the effect of the employment of which belt is to bring the back piece to its proper position on the loins. On each side of the upper part of the back piece is also attached an elastic strap, which is passed over the shoulder & returning under the arm is secured by buttoning or otherwise to the back piece, at a little below the centre of its depth, or in other suitable position. In this way I dispense with all the ordinary straps, buckles, and tags for attaching the expander to the waistband of the trousers or drawers, as in ordinary.

This improved expander serves to strengthen and expand the chest and shoulders, and also to support the back, and I obtain a power of bearing upon the shoulders backwards & downwards, & thus carry the weight of the shoulders off the chest with much greater effect than by any other chest



*Fitch's Improved Chest Expander.*

expander. It also imparts a firm support to the loins; also, with this increased power, I have less constraint of the shoulders from the elasticity of the material, while the length of the shoulder loop on the back from the button to the top of the brace is so great that it prevents any cutting of the loop under the arms, which is objectionable, and more or less the case with ordinary expanders. 5

## LONDON:

Printed by GEORGE EDWARD EYRE and WILLIAM SPOTTISWOODE,  
Printers to the Queen's most Excellent Majesty. 1862.