

(No Model.)

E. LE GARDE.
DUMB BELL.

No. 466,276.

Patented Dec. 29, 1891.

Fig. 1.

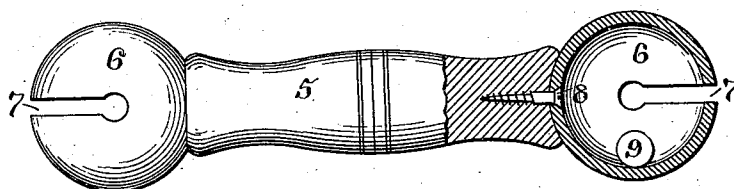


Fig. 2.

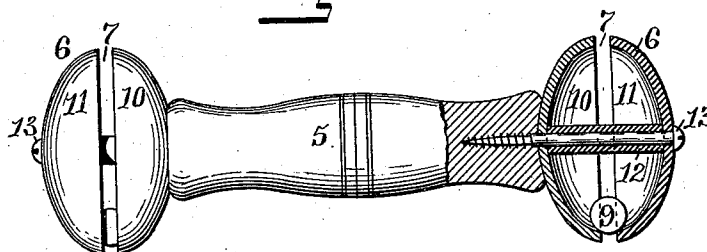
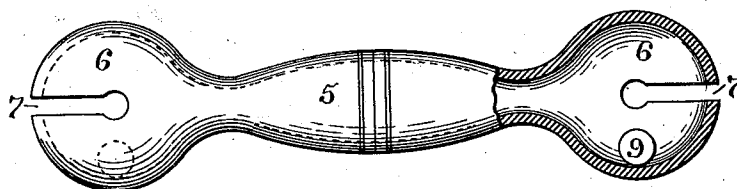


Fig. 3.



WITNESSES:

Chas. H. Luther Jr.
M. F. Bligh.

INVENTOR:

Ellen Le Garde
By Joseph A. Miller & Co.
Attys.

UNITED STATES PATENT OFFICE.

ELLEN LE GARDE, OF PROVIDENCE, ASSIGNOR TO THE NARRAGANSETT MACHINE COMPANY, INCORPORATED, OF PAWTUCKET, RHODE ISLAND.

DUMB-BELL.

SPECIFICATION forming part of Letters Patent No. 466,276, dated December 29, 1891.

Application filed March 10, 1891. Serial No 384,449. (No model.)

To all whom it may concern:

Be it known that I, ELLEN LE GARDE, of the city of Providence, in the county of Providence and State of Rhode Island, have invented a new and useful Improvement in Exercising Apparatus; and I hereby declare that the following is a full, clear, and exact description of the same, reference being had to the accompanying drawings, forming part of this specification.

This invention has reference to an improvement in dumb-bells; and it consists in the peculiar and novel construction by which the balls on the ends of the handle are made hollow and provided with a striker, so that when used the same will give out a ringing sound, as will be more fully set forth hereinafter.

In the use of exercising apparatus by a class or number of persons it is essential that all movements be made within certain limits of time, and in calisthenics, where a whole class of pupils perform light exercise, the rhythmic timing of each motion produces a more harmonious result.

The object of this invention is to so construct dumb-bells that they will, when used in calisthenics or other exercises, produce a ringing sound.

Figure 1 is a side view, partly in section, of a dumb-bell, the end balls of which are formed into bells. Fig. 2 is a side view, partly in section, of a dumb-bell, the end balls of which are formed into a double gong; and Fig. 3 is a side view, partly in section, of a dumb-bell cast in one piece with the end balls formed into bells.

In the drawings, the number 5 indicates the waist of the dumb-bells, it being the part between the two end balls 6 grasped by the hand when using the dumb-bells.

Referring to Fig. 1, the ball 6 is cast hollow or formed of metal into a hollow sphere. The slit 7 separates the metal of the ball and permits the metal to vibrate, thus securing the required resonance of the ball. This slit 7 also permits the entrance of a properly-constructed screw-driver into the ball, so that the ball 6 can be secured to the waist or handle 5 by the screw 8. The striker 9 is a piece of metal, preferably of a size that cannot pass

through the opening in the ball. When the ball is cast, this striker is placed into the sand-core, and when, after the casting of the ball, the core is removed the striker remains in the ball. When the ball is formed of sheet metal, the striker is placed into the partly-formed ball before the formation of the ball is completed.

Referring to Fig. 2, the balls are formed into double gongs consisting of the two concaved saucer-shaped gongs 10 and 11, held apart by the sleeve 12, secured together and to the handle or waist 5 by the screw 13.

The specific details of construction shown in Figs. 1 and 2 may be modified to suit the material or the dimensions of the dumb-bells.

In the preferred form shown in Fig. 3 the whole dumb-bell is cast in one piece. The waist or handle portion is indicated as cast hollow; but this portion may be cast solid when more weight is desired. The opening in the waist or handle 5 is shown of less diameter than the striker 9. If desired, this opening may be made of sufficient diameter to permit the striker 9 to pass through the same from one bell to the other, and the note of the two bells in the opposite end balls may be of different pitch.

The waists or handles 5, provided with the ball-bells 6, may be used for the handles of chest-weights or other exercising apparatus.

It is evident that the ball-bells 6 may be so varied in dimensions as to produce different and specific notes or sounds. Different dumb-bells may thus produce notes of different octaves or different notes of the same octave, and thus by suitable subdivisions of a class exercising in calisthenics or light gymnastics a harmony of sound may be combined with the harmony of motion.

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

1. The combination, with the handle of an exercising apparatus, of the bell-balls 6, forming the opposite ends of the handle and provided with strikers, as described.

2. A dumb-bell having the end balls formed into bells or gongs containing strikers adapted to produce a ringing sound, as described.

3. In a dumb-bell, the combination, with the waist or handle 5, of the balls 6 of hollow metal, the slit 7, and the striker 9, adapted to give out a ringing sound or musical note when used in exercising, as described.
- 5 4. A dumb-bell consisting of the waist 5 and hollow balls 6, cast in one piece, provided with the slits 7, and the striker or strikers 9, as described.

ELLEN LE GARDE.

Witnesses:

JOHN F. MURRAY,

JOSEPH A. MILLER, Jr.