



Friends of Hofwyl-Broadfield Plantation

Friends of Hofwyl-Broadfield Plantation Newsletter

Volume #7

912-264-7333

Spring 2021

Easter Egg Scavenger Hunt: March 3–April 30, 2021
Albert Fendig Plein Air Art Event: April 17, 2021
Super Museum Sunday May 2, 2021

Watch for news in the paper or call closer to the date to confirm that the activity is still scheduled.

We are now open in a semi-normal fashion Wednesday–Sunday 9-5. The visitor center is allowing 12 people inside at a time. Tours of the plantation house are available. Before entering the house, the ranger will tell you about the history of the house, the families, and a little about rice production in coastal Georgia. There is a marked path through the house to aid in social distancing. If you have any questions about visiting this historic site, please call the staff at 912-264-7333. This park is maintained by the state of Georgia. Bill Giles, Site Manager, can be reached at bill.giles@dnr.ga.gov.

PROGRAMMING AND EVENTS FOR HOFWYL-BROADFIELD PLANTATION

5556 US Highway 17 N, Brunswick, GA, at the intersection of GA 99,

one mile east of I-95, exit 42

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Feeling Cooped Up?

Nice though it is, are you spending too much time in the house? Need some good ideas for social distanced escapes? Come out to Hofwyl- Broadfield Plantation for outside activities like picnicking, hiking, and birdwatching. On the following pages, you will find numerous things to see and do at the plantation. When you get tired come into the office to see the movie and visit the museum. Come spend an afternoon.

We hope to see you real soon!

1. Picnicking Under the Live Oaks



2. Tune in on your car radio to hear the history of this wonderful site.



3. Look for the interpretive signs on the property to learn the Hofwyl-Broadfield Plantation history.

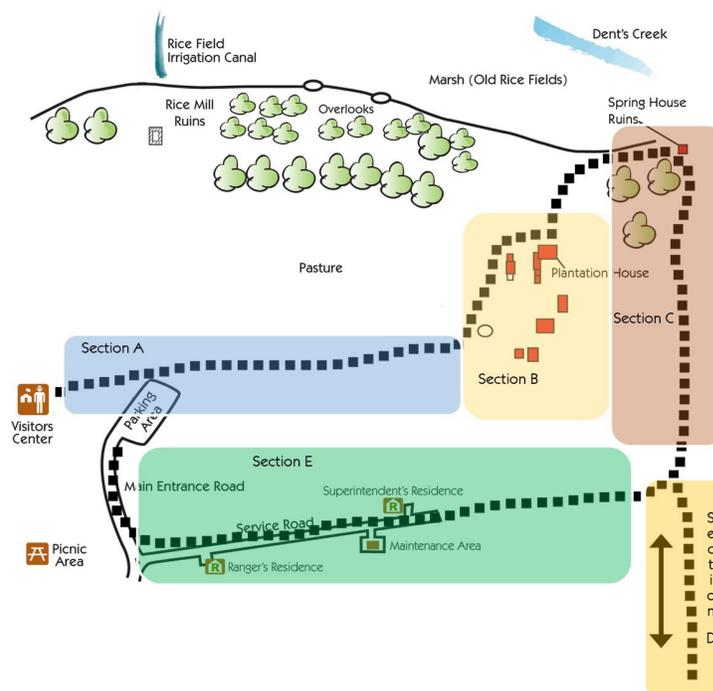
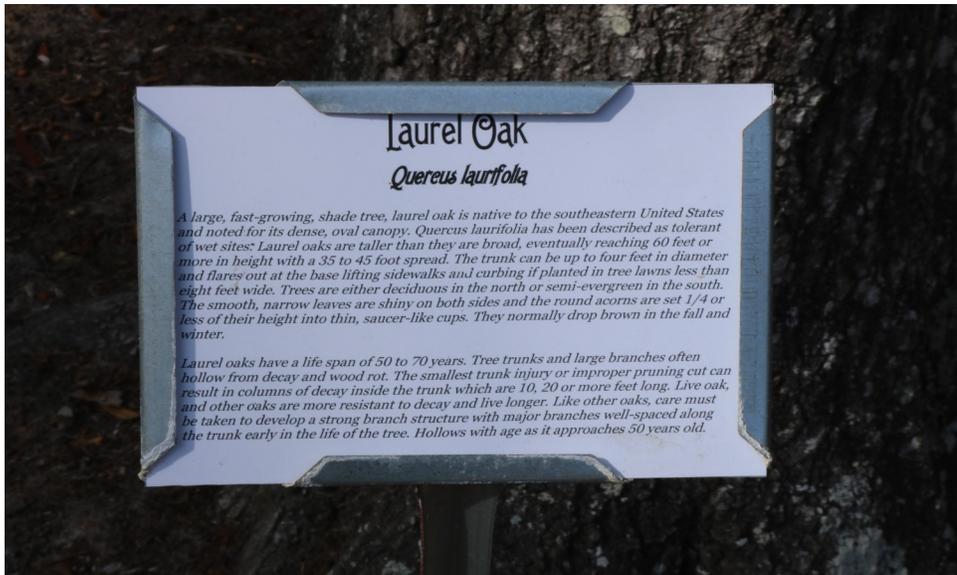


4. Listen to the stories and information found on the Solar powered Speaker Boxes found in several places on the property.

Visit <https://gastateparks.org/>

5. A Tree Hike

Trees on the property are marked for you with metal markers. Go by the office to pick up the map and the information folder. Over 30 varieties of trees are marked including: Live Oak, Water Oak, Sweet Gum, Southern Magnolia, Sago Palm, Cabbage Palm, and Bald Cypress to name a few.



6. Visit the Rice Plantation House



7. Visit the milking barn and other buildings.



8. Easter Egg Scavenger Hunt! March 3–April 30 Wednesdays–Sundays 10 a.m.-4 p.m.

When you go to the office and pay admission, you will get a map and the details of the game.

9. Plein Air-Saturday April 17, 2021, 9:00 a.m.-3:00p.m.

Bring your Plein Air gear. No prizes, no judging, just good camaraderie and great fun. Inspiration abounds; including, 800 year old moss draped live oaks, scenic vistas across rice fields, a 150 year old plantation house, and barns, old tractors and out buildings, and people dressed in period costumes. Artists and art admirers abound. The artist registration fee is \$25, includes admission, a catered lunch at noon which will be hand-delivered to the artist's specific site on the plantation, a wine and cheese reception involving social distancing (Wet Paint Sale and Display) at 2:00 p.m., and participation in the Traveling Show. Please send your check payable to "Friends of Hofwyl", and mail to Post Office Box 1801, Brunswick, Georgia, 31520, no later than Saturday, April 10. Also, very important, please include your email so that we can follow-up with further information. The workshop, conducted by George Netherton, 678-778-8889, gnetherton@comcast.net, will **NOT** be held this year due to CDC restrictions. The Traveling Show is strictly voluntary. Artists may submit their framed or gallery-wrapped picture with wire hanger, and deliver it to the Horton Gallery at the Hospital in Brunswick between the hours of 10:00 -11:00 a.m., on Saturday, May 1. Commissions will vary by venue. Additional information will be provided to all registered artists prior to May 1. The Traveling Show/Exhibition will be as follows: May - The Horton Gallery at the Hospital, Brunswick, GA , June/July - McIntosh Art Association, Darien, GA, August - Golden Isles Welcome Center, St. Simons Island, and September - Hofwyl-Broadfield Auditorium, Brunswick, GA for display and/or artist pickup. Those who are not artists are also welcome. Many may want to come out to just watch or even strike a deal with an artist for a new masterpiece. Tickets are available at the door. Regular Admission for the public is: \$8 for adults; \$7 for seniors (62 and over); and \$5 for Youth (6 - 17), and children ages 5 and under are free. The plantation is located at 5556 US Highway 17N, Brunswick, Georgia. It is at the intersection of US 17 and GA 99, one mile east of I-95, exit 42. For information, call Bill Giles, Historic Site Manager, 912-264-7333, bill.giles@dnr.ga.gov. Visit:www.gastateparks.org/hofwylbroadfieldplantation.

10. Super Museum Sunday

May 2, 2021 12 p.m.-4p.m. All state sites are open free of charge on this date and time. Call closer to the date to confirm the activity is still scheduled.



Spotlight on Albert Fendig Friend of Hofwyl-Broadfield



On December 9, 1949, Glynn Academy played football in the class AA State Championship game at newly built Grady Stadium in Atlanta. Albert played in that game. That fine season plus his scholarship resulted in his acceptance to the Naval academy, but injuries to both knees ended his playing days.

Coming back home he went to University of Georgia and took ROTC gaining a commission in the Air Force upon graduation. He served as an Air Force Intel Officer. After completing his law degree, he practiced mostly as a trial attorney.

(continued)

Albert and his wife Joyce live on St Simons Island, and they have two children, Leslie and Al, and grandchildren.

Albert Fendig knew Ophelia Dent, last of the Brailsford, Troup, Dent families ,at Hofwyl–Broadfield Plantation, as he was a young lawyer when Ophelia died. Albert’s father, also an attorney, wrote Ophelia’s will that outlined the method for Hofwyl-Broadfield Plantation to be passed to the state. It was her intent to preserve the property for future generations to use. Albert’s father served as Trustee, and Albert served as Trustee for 40 years. Currently Albert is the Trustee Emeritus, and Gordon Strother is the Trustee.

His hobbies are History, Art and Camellias. The *Plein Air Art Event* is held annually at Hofwyl in his honor. This year it is planned for April 17, 2021. Come on out and paint or visit the artists. Albert said, ” On that day I talk more than I paint.”

His civic interests in addition to Friends of Hofwyl-Broadfield include : Founder of the Coastal Georgia Historical Society, VP of Friends of the Association of Fort Frederica, began the Friends of Fort King George in McIntosh County while serving on the state board of DNR, and he began the Friends of Fort Morris in Sunbury, GA. With the Coastal Georgia Historical Society he was instrumental in saving the lighthouse keeper’s house and the old Coast Guard Station on St. Simons Island.

Interesting Story:

One day while visiting with Ophelia on the porch, Rudolph, her employee, came up on the porch to tell Miss Ophelia that there was a rattle snake in the chicken coop. She got her gun and shot the snake. Coming back to the porch she calmly said, “ Would you care for some more tea, Albert?”



Dr. James M. Troup MD

by

S.T. Lanter

*Better to hunt in fields, for health unbought,
Than fee the doctor for nauseous draught.
The wise, for cure, on exercise depend;
God never made his work, for man to mend.*



19th Century Medicine Chest possibly owned by Dr. James M. Troup or one of his sons Dr. Daniel Heyward Brailsford Troup or Dr. James Robert Troup. Author photo.

James McGillivray Troup, born August 31, 1786 in Liberty County Georgia and died at his plantation, Broadfield, Glynn County, Georgia on April 25, 1849. As the youngest of three sons in the era of primogeniture, Troup was precluded from inheritance of the family estate and fortune. His elder brother, George (Governor of Georgia 1824-1828), received that windfall. However, the three boys' widowed mother, Catherine McIntosh Troup, sought to provide for all her sons' future. As Ophelia Troup Dent later recorded:

When her three sons were old enough she sent them to a school ... uncle, George M. Troup, went to Princeton, New Jersey Uncle Robert went to New York to study mercantile life, which he never followed.... My father [James] went to Philadelphia to study medicine under Dr. [Benjamin] Rush.

James Troup graduated from medical school circa 1812. Rather than using his connections to gain admittance as a staff doctor at the large hospital in Savannah where he would be but one of many, he hung out his 'shingle' in the rising town of Darien

where he could stand out, for he was an ambitious young man on the make. It was a wise decision, for as Troup's daughter Ophelia writes in her narrative he:

was an excellent physician, with all the practice he could attend to, [plus] that of the Spalding family alone furnishing a small income.

The young doctor prospered, as Ophelia comments "*mother called those [years]her monied days [emphasis in original].*"

Dr. Troup was an educated man, a graduate of the University of Pennsylvania, a protégé of Dr. Benjamin Rush. But a medical doctor was not the esteemed profession it is today. For there were no requirements for entry into medical schools, nor any requirement that a doctor had to attend any formal training. For men, such as Dr. Troup, that did attend formal schooling the:

medical curriculum consisted of only two years of study, with lectures conducted only four or five months of each year; the curriculum for the second year merely repeated the coursework of the first semester. Clinical experience was not part of the program.

In Dr. Troup's time there were no legal restrictions against anyone hanging out a shingle and treating such patients as arrived on his doorstep. Many potential physicians apprenticed themselves to a practicing doctor and hung out a 'shingle' when they felt they knew enough. Prior to 1825 there were no laws regulating medicine in Georgia at all. Attendance in a bonafide school was not required in Georgia until 1881.

New graduates, such as Dr. Troup, still followed the ancient teachings of Galen, the premiere physician of Imperial Rome. Galen and his followers, were proficient in stitching wounds, setting broken bones, trauma, surgeries such as removing cataracts and recognizing the importance of nutrition, but had no knowledge of the actual causes of infection or disease. Practitioners of this school believed that all wounds "suppurated" after five to six days. Believing there were two kinds of pus that emerged from these wounds: 'laudable pus and sanies pus.' The difference between the two was the degree of vileness. In the first, usually described as having "a thick consistency, cream-color" meant that the wound was beginning to heal. The latter described most often as "watery, blood-tinged, foul smelling" was ill-conditioned and meant that complications, usually gangrene was setting in.

Under the Galenic medical theories, disease was the result of an imbalance in one of the body's four humors: Black Bile, Blood, Yellow Bile and Phlegm. Galen prescribed bleeding as one of the treatments to restore these imbalances. In addition, blistering, vomiting and enemas were all used. Doctors of this school, for example Dr. Troup's mentor Dr. Benjamin Rush, also frequently prescribed Calomel—Mercury-Chloride—for the treatment of varying ailments. Dr. Rush, and others, viewed Calomel as a wonder-drug, used it freely as a laxative, but also for diarrhea and dysentery, for Syphilis (hence the 19th century expression a “*night with Venus and a lifetime with Mercury*”) and for Yellow Fever. Often prescribed in such massive doses that the patient's teeth and hair fell out. Doctors also regularly prescribed poisons such as arsenic, their only concern being how large the dose should be. As one post-civil war physician wrote:

[I] am sorry ... [the patient] suffered from the arsenic; I am under the impression that I told her about the swelling, if I did not I certainly intended to do so as this happens very often & it is only necessary to suspend the medicine.

Dr. Troup's medicine box would have likely been filled with blistering cups (with tow for burning), lancets, leeches, enemas, emetics, Calomel or the 'store bought' Blue Mass pills (1/3 mercury), Belladonna, Camphor, Curare, Epsom Salts, Hemlock, Strychnine, Laudanum, Quinine, etc. Dr. Troup and colleagues' treatments proceeded to cause their patients to bleed, puke, blister, purge until they either died or recovered because of robust constitutions not the good doctors' ministrations.

And before we begin to be too smug about Dr. Troup's backward time some of these practices and treatments carried over to the 20th century. In the summer of 1926 Ophelia Dent may have been struck low by an ancient Rice Country enemy—Malaria. For as she wrote to her life-long friend:

*I'm on the sick list myself in a mild way and will be alright shortly [so] ... I went to Dr. Dunwoody and he had me tested for malaria, but the test didn't show any, however he feels pretty sure I needed a leaning out so I've had to take ... quinine ..., & a large dose of **Calomel**... every day for a month!!! ... so consequently I am whirling around like a wind-mill, but the worst is over, and **I bet I feel better after it!!-or bust!! [my emphasis]***

Ophelia likely had no idea how right she was!

Enjoy Springtime at Hofwyl-Broadfield Plantation

Photos by Troup Nightingale



Trees Socially Distanced