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The Howards: Millers and Physicians in 17th-Century Windsor

Ephraim Howard Was One Of the Investors In Simsbury's First Mills

Mr. John Warham of Devon County, England, was one of two Puritan ministers selected to be part of a company of about 140 prospective settlers who sailed for New England in May 1630 aboard the ship *Mary and John*. Mr. Roger Ludlow, a lawyer from Wiltshire with Puritan sentiments, had bought and commissioned the ship; most of its passengers came from the West Country counties of Devon, Somerset and Dorset.¹ They embarked about a month before the eleven ships known as the Winthrop Fleet began their Atlantic transit. All headed for the great bay in Massachusetts. All would join the fledgling settlement there and spread communities along its shores, forming the Massachusetts Bay Colony. Most of the settlers from the *Mary and John* survived a winter of privation, with insufficient shelter from the cold and a scarcity of food, and founded the town of Dorchester on the south side of the bay, southeast of the nascent town of Boston.

After five years, many of the Dorchester settlers decided to seek new opportunities on the shores of the Connecticut River. Led by Mr. Ludlow, succored by Mr. Warham, and in the face of hardships as severe as those they had so recently overcome upon arrival in Massachusetts, they moved westward. They trekked overland and by water to the west bank of the great Connecticut River where the smaller Farmington River enters; where in 1633 a small company of men backed by the Plymouth Colony had placed a trading post.² There they bought most of the traders' land holdings and founded another Dorchester, soon to be renamed Windsor. Windsor in its early days encompassed land on both sides of the Connecticut River, and in time its growing population spread westward into the territory that would become the town of Simsbury.

Every 17th-century New England town needed a mill to grind grain. Israel Stoughton had built the gristmill at Dorchester, which was the first in the Massachusetts Bay Colony.³ Who financed and built the first gristmill at Windsor has been forgotten, but the profits from the mill went to the support of the minister, Mr. Warham. The earliest extant record of the mill in Windsor is in a 1640 grant to Mr. Warham of an acre of land "Lying by his Mill," which was on Mill Brook.⁴ Windsor historian Henry R. Stiles says "tradition claims that it was the first grist mill in Connecticut," but Hartford and Wethersfield could not have been far behind.⁵

Matthew Allyn, one of the founders of Hartford, erected the first mill in that town. Hartford historian William DeLoss Love conjectures that Allyn's mill was most likely built in 1636, soon after Mr. Thomas Hooker and his congregation arrived. "It was probably of the simplest construction of pioneer times, still to be seen among the mountaineers of the south," Love wrote in 1914. "Its shaft was an upright timber, with vertical paddle blades morticed in at the lower end of

the wheel, and the nether mill-stone was secured at the upper end of the shaft.”⁶ However, by the 1600s the settlers were certainly familiar with both undershot and overshot water wheels being used in England.⁷ How the Windsor mill was first constructed is also unknown; it was repeatedly upgraded during its centuries of operation.⁸

By 1650 Robert Howard was tending the Windsor mill. The records of the General Court that year say “Robert Haward, miller of Wyndsor, is freed from seruing vppon Juryes during his attendance vppon the mill.”⁹ Howard (whose last name is also spelled in the old records as Hawart and Hayward) was taken into full communion in the Congregational Church at Windsor, Connecticut, on July 10, 1642, and was granted land there. It is probably safe to assume that, like many artisans, he was recruited to come to the town with a promise of land grants.¹⁰ As miller, he became associated in business with Mr. John Warham, and eventually Howard’s son Ephraim married into that esteemed church leader’s extended family.

Robert Howard was married to Lydia Kilbourne, who came from Wood Ditton, Cambridge County, England. She was the daughter of Thomas and Frances Kilbourne, who had come with five of their eight children to New England on the ship *Increase* in 1635. The ship’s passenger list states that Lydia was twenty-two, but her baptismal record shows that she was about nineteen.¹¹ The parents settled in Wethersfield.

Historians have deduced that Lydia Howard’s father, Thomas Kilbourne, was probably among the six men and three women in Wethersfield killed on their way to work in the fields on the morning of April 23, 1637.¹² Their Pequot assailants also killed twenty cows and captured two young girls. Because of the tribe’s repeated attacks on Connecticut settlers, the General Court declared war on the Pequots May 1 and sent Windsor’s Capt. John Mason at the head of a force of men. They annihilated Pequot men, women and children in a surprise attack on their Mystic fort. In June, after being joined by a troop from the Massachusetts Bay Colony commanded by Capt. Israel Stoughton, Mason and the Connecticut men defeated a Pequot fighting force in a swamp (in what soon became Fairfield) and ended the threat from that tribe.¹³

Robert and Lydia Howard had at least five children who were born in Windsor.¹⁴ Their youngest, Ephraim Howard, was their only son and it is his account book that is the primary focus of this study.

As well as being a miller, Robert Howard is thought to have been a millwright. When, in 1655, Hartford officials decided the town needed to build another gristmill, they formed a committee “to treat with Robert Hayward of Windsor,” presumably to try to hire him away from Windsor or at least to consult with him.¹⁵ The manner of financing this Hartford gristmill is interesting in as much as it differs from the financing of the first mill built in Simsbury. Hartford levied a special tax on all taxable property in the town and awarded each inhabitant shares in the venture in proportion to the amount he paid. Using this method, in three years the town raised about £550.¹⁶

In 1658 the Howards sold their house in Windsor and joined the stream of families from the Connecticut River Valley and the Massachusetts Bay Colony who were settling Northampton, Massachusetts. Howard’s name appears on a 1662 list of sixty-two of households, including two widows, living there.¹⁷ In Northampton he and his family came under the spiritual care of Mr. Eleazer Mather, formerly of Dorchester. After Mr. Mather died, Mr. Solomon Stoddard replaced

him. Minister Stoddard would remain interested in the Howard family's affairs for years to come. His wife, Esther, was the widow of Mr. Mather and daughter of Mr. Warham of Windsor.

Hartford was home to Robert Howard by 1667, when a Windsor Land Record indicated that he resided there.¹⁸ Howard had returned to Windsor by 1675 when a rate list for raising a tax in support of the rivulet (Farmington River) ferry reveals that he had a family, a horse, but no oxen. No one in town had more than one horse, but a few had as many as four oxen.¹⁹ The next year he and his son, Ephraim, contributed five shillings and two shillings six pence respectively to the relief fund collected by Connecticut for those in the other colonies who had suffered losses during the war with the Narragansetts and their allies, led by King Philip.²⁰ Robert Howard was living on the east side of the Connecticut River by 1680, since his name appears on a petition to the General Assembly signed by ninety inhabitants of Windsor on that side. Robert Howard died on August 23, 1684. The inventory of his estate indicates that he was associated with a mill at the time of his death. It says, "In Mill 6 old Barrells, Sifting Trough, 2 Iron bands."²¹

Howard's youngest child and only son, Ephraim, was twenty-eight and living in Windsor, probably on the west side of the river, when his father died. A fragmentary account book that has been preserved by the Salmon Brook Historical Society in Granby, Connecticut, reveals much about the working life of Ephraim Howard, who continued the work of his father. Simsbury town records show that he also was instrumental in building two mills.

The earliest mention of grain in Ephraim Howard's ledger is Capt. Daniel Clark's account in April 1684. Ephraim Howard debited Clark two shillings, four pence for wheat "paid to Joss Alford;" two shillings "per grinding wheat toll free;" and other charges for bushels and half bushels of Indian corn, rye and oat malt. A miller had grain to sell because, in addition to what he might grow himself, his customers paid him with a percentage of the grain he ground for them. The percentage was set by the colony government and it supplied standard toll dishes to measure out the toll.²² Indian corn was harder to grind, so warranted a heavier toll than other grains.

Daniel Clark and Ephraim Howard had recently become related when on January 8, 1684, Howard married Abigail Newberry. She was the niece of Daniel Clark's wife, Mary.²³ Abigail Howard was the daughter of Major Benjamin Newberry and his wife Mary, the daughter of Matthew Allyn (who owned Hartford's first mill and the Plymouth Colony's former building in Windsor). Abigail Newberry Howard also was the granddaughter of Thomas and Jane Newberry. After her grandfather died, Abigail's grandmother had married Mr. John Warham, becoming the second of his three wives. Clark was a distinguished man himself in the colony. He had been captain of the Hartford County cavalry troop for seventeen years and had served as Secretary of the General Court, among his many offices.²⁴

The ledger shows debits for grain in the years 1685 through 1689 for Jeremy Alvord, Nathaniel Bissell, Thomas Brown, Samuel Clark, James Eno, James Hillyer, Thomas Kelsey, John Millington and Peter Mills. Other men received grain as payment for debts owed them by Howard's customers. The debt was then transferred to their account with Howard. For example, through his account with Howard, Thomas Brown repaid Samuel Filley with two bushels of Indian corn and repaid Andrew Moore with half a bushel.

Undoubtedly it was his experience with mills that prompted the townspeople of Simsbury to enlist Ephraim Howard as one of four contractors who were to build and operate the first grist and

sawmills in the town. In September 1678, a little more than two years after having been burned down during King Philip's War, the town drew up a contract for the mills. Howard signed the agreement along with Simsbury residents Thomas Barber, John Moses and John Terry. The town gave them permission to cut timber on the town commons, promised to lay a tax to pay them £20, granted them the designated miller's lot, granted them the right to dam Hop Brook and dig trenches on the land beside it and guaranteed them a monopoly on all the business of grinding grain in town. The four undertakers, as they were called, were to commence building the mills in May 1680.²⁵

In August 1679 John Terry sold his interest in the proposed mills to Ephraim Howard.²⁶ Ten years later, after the mills were built, Ephraim Howard sold his share, and the share he had bought from John Terry, to Joseph Strickland of Simsbury for £32, 10s. The sale was witnessed and recorded on April 12, 1689.²⁷

Entries in Ephraim Howard's book show that for a few years prior to the sale of the Hop Brook mills, he had a sawmill in the Scotland section of Simsbury, now northern Bloomfield. In November 1685 he sold Peter Mills 800 feet of board "at Scotland." In March 1685/6 he sold Thomas Kelsey a plank. In 1688 he charged James Eno three shillings apiece for two planks. It appears that Howard had his sawmill up and running almost two years before he complied with Simsbury's requirement to have the boundaries of his land surveyed. John Slater did the formal survey on July 5, 1687. Slater described the land as "...one parcell of land being Scittuate [on] the east side of the mountains lying Northerly of the path that Comes ouer the griffins Brook. by James Enos house betwen sid path and ye river: wher ye afforsd Hawart has set a sawmille:...."²⁸

Griffin's Brook, referred to by Slater, was named for the pitch and tar maker John Griffin, who, among other things, obtained the unofficial first deed for the Massaco land to the west of Windsor that eventually became Simsbury. Ephraim Howard hired Griffin's eldest son and namesake to work at his sawmill. One undated entry on page twenty-two of the ledger says in part "...John Griffin tended the mill for me part of two of my turns the which he and I agreed that I was to give him [] victuals he had of me & four pound ten shillings as we both agreed upon." Another entry refers to an agreement between Griffin, Howard, and Mr. William Mitchelson.

Ephraim Howard's accounts and other records reveal that as well as being millers and millwrights, both his father and he were practicing physicians. The men who inventoried Robert Howard's possessions named each room they were about to enter, then listed each item in the room. There were two rooms downstairs; one room upstairs, which contained two bedsteads and miscellaneous items such as one would store in an attic; and a cellar. First the appraisers went to the downstairs "fireroom," with all its cooking utensils. Next they entered the downstairs "Chamber," which held two bedsteads and featherbeds and a chest with drawers and other furniture, household linen and his clothing. There were two Bibles, several works (likely printed sermons) by Burrough, Huit, Durham and Increase Mather. Here he also kept his medical books and equipment. They included a lancet case (lancets were used for bleeding people), glass bottles, "phisical things" and "Gally Pots." (Gallipots were small glazed earthenware containers for medicine.) There were "3 Physical Books" and "Howe's Chirurgery." Historian Stiles believes that Robert Howard had begun to practice as a physician about 1660.²⁹

Interestingly, there was another miller/physician during Robert Howard's lifetime, Jasper Gunn of Hartford. In September 1649, the General Court freed Jasper Gunn "from watching during the time that hee attends the service of the mill."³⁰ In May, 1657 he was "freed from training, watching & warding during his practise of phissicke."³¹ In his book *An Account of Early Medicine and Early Medical Men in Connecticut*, Dr. Gurdon W. Russell says that he found at Trinity College an almanac once owned by Jasper Gunn. Gunn had filled blank pages with notations on medical matters. Years later Gunn's son, a surveyor, filled in more of the blank pages with his notes, just as Robert Howard's son Ephraim appears to have done in his father's account book, the father's pages and the cover now being missing.³²

Attracting men with academic degrees in medicine to New England was almost impossible during the first few decades of colonization. However, during their college years many men who trained for the ministry also "read medicine" and prepared themselves to tend to men's bodies as well as their souls. The records of the General Court tell of two ministers who were sent with the colony's troops as "chirurgeons" during the 1675-76 war with the Narragansetts and their allies, under the leadership of King Philip. They were Wethersfield's Mr. Gershom Bulkeley, who was wounded in the thigh, and Mr. Israel Chauncy of Stratford.³³

Thomas Lord of Hartford, who came from England about the same time as Robert Howard, was the first medical man whose services were paid for by the Connecticut General Court. He was a bone-setter, a person skilled in setting dislocated or broken bones. The Court record of June 30, 1652, states: "Thomas Lord, hauing ingaged to this Courte to continue his aboade in Hartford for the next ensuing yeare, and to improve his best skills amongst the inhabitants of the Townes vppon the Riuer within this Juristiction, both for setting of bones and otherwise, as at all times occassions and necessities may or shall require...." The Court granted him an annual salary of £15 and set the fees he could charge for making calls to patients in Hartford and the surrounding towns. He could charge Hartford residents twelve pence, Windsor residents five shillings and so forth. He was also excused "from watching, warding and training; but not from finding arms."³⁴ Later, Lord also became school master in Wethersfield, where he died in 1662. His son continued his practice there as a bone-setter.³⁵

Windsor's first medical man was its first town clerk, Bray Rossiter, an educated man who had come with the Dorchester Company that founded Windsor. Nothing is known about his medical practice in Windsor, but he stated in a 1669 letter to Governor John Winthrop Jr. that shortly after he arrived he was admitted to practice by the General Court "being first tried and approved by Mr. Hooker, Mr. Stone and old Mr. Smith." The first two were the ministers in Hartford and Mr. Smith was the minister in Wethersfield. No account of the ministers' satisfactory report appears in the records of the court. Perhaps that is what occasioned his letter so many years later. That his skills were well thought of is without question. After he moved to Guilford in 1652 he was freed from watching in order to practice as a physician. He was called to Hartford when Mr. Stone needed medical attention and again for Hartford magistrate Mr. John Talcott. Mr. Rossiter is also credited with performing a very early autopsy, perhaps the first in the New England.³⁶

Some writers preface the names of early medical men, such as Bray Rossiter, with the honorific "Dr." The title "Doctor" did not come into use until the end of the seventeenth century, when it began to be adopted by physicians, surgeons and medical practitioners of all

sorts.³⁷ Contemporaries of Mr. Rossiter labeled him "Mister," as they did all men they esteemed who did not have a military or high government title.

Robert Howard may have learned the art of medicine by training under Mr. Rossiter or another medical man. The most notable of these in the Connecticut Colony was Governor John Winthrop Jr. Son and namesake of the powerful governor of the Massachusetts Bay Colony, Winthrop founded New London, obtained the Connecticut Charter from Charles II and served as Governor of Connecticut with almost unbroken tenure from 1657 until his death in 1676. Winthrop was the first member from the American colonies of the Royal Society in London and was highly respected for his wide ranging interest in things scientific, including medicine. He never earned a medical degree; as a youth he left Trinity College, Dublin, and began the study of law in London. A notebook in which he kept a coded record of his medical prescriptions shows that over a dozen years he treated, without charge, at least 700 individuals.³⁸

Wherever Robert Howard acquired his knowledge of medicine, it is certain from the account book that his son Ephraim continued the practice. It is a challenge to puzzle out, with the help of the Oxford English Dictionary (OED) and other references, the medications with which Ephraim Howard treated his patients.³⁹

He often wrote in his account book that he gave a patient an "arcanum," which simply means a remedy. He most likely composed different arcanums for different ailments. The same is true for the medications that he calls "elixors." That was a term used by alchemists to denote a preparation which would turn metals into gold or would prolong life indefinitely. To a physician it merely meant an extract or tincture of some drug. Likewise, Howard administered cordials. They were, according to the OED, "a medicine, food or beverage which invigorates the heart and stimulates the circulation; a comforting or exhilarating drink."

Howard would have kept the formulation of these compounds a secret, divulging them to an apprentice or another trusted medical man. Governor Winthrop called a favorite prescription that he compounded *rubilia* for its red color. When a modern microanalysis was done on a red stain and powder on one of Winthrop's papers, it revealed the governor used nitre and antimony sulfide. So Howard was no worse than the governor when he dosed John Dibble, Nathaniel Owen, and John and Samuel Hosford with "stibium," the classical name for the metal antimony. Antimony gained favor as a drug when Louis XIV of France was treated with it for typhoid fever and recovered.⁴¹ Of course, the king recovered *despite* the antimony, which is poisonous.

The "aqua Mirabilus" that Howard charged Nathaniel Bissell four shillings for had a known composition. The OED gives its definition from Samuel Johnson's 17th-century dictionary: "The wonderful water, prepared of cloves, galangals, cubebs, mace, cardomums, nutmegs, ginger and spirit of wine, digested twenty-four hours, then distilled."⁴² One medical historian commented that the "spice trade" from the Indies might well have been called the "drug trade" so many medications were compounded from them.⁴³ Howard did have stronger things than cloves and nutmeg at his disposal; he charged Thomas Brown a shilling "per opium prepared."

Howard used a medication which, because of his unclear handwriting and spelling, could be either julep or jalap. Both were given in his time.⁴⁴ Julep was "a sweet drink prepared in different ways; often, simply a liquid sweetened with syrup or sugar, and used as a vehicle for medicine; sometimes, a medicated drink used as a demulcent, 'comforting', or gently stimulating mixture."

Jalap, on the other hand, was a drug usually made of the jalup vine *Exogonium Purga* which grows in Mexico and was first known by the Aztecs for its purgative effect. He indicates that he gave Peter Mills a dose of turbith oil, which was either a purgative made from the root of East Indian jalap *Ipomoera Turpethum* or a sulphate of mercury ($\text{HgSO}_4 \cdot 2\text{HgO}$), which has emetic, cathartic, and sternutatory properties, meaning that it would make a person evacuate his bowels, vomit and/or sneeze.

Simply stated, the medical theory most common in the Howards' time was that the human body contained four humors: blood, phlegm, yellow bile and black bile. The proportion of these in a person determined his disposition and if the four humors got seriously out of proportion he would become ill. Medical men propounded a multitude of causes for imbalances. The most eminent physician in London, Thomas Sydenham (1624-1689), "maintained that particles of morbid or peccant matter entered the body via the air and vitiated the humors by producing fermentation or putrefaction. The resulting sickness could be cured by eliminating this morbid matter by purging, sweating, vomiting, and so forth."⁴⁵

The medication Ephraim Howard prescribed most often is "catopotiah," which he also spells "catopotyah" and "katopota" or abbreviates as "catapo" or "cato." This could be catapotium, a purging pill, or a medication made of *Cataputia minor*, a type of spurge plant, also used as a purge or to make one vomit.⁴⁶

Howard left Austin Brown with unguentum, which is only Latin for unguent, or ointment. Many medical books in Howard's day were written in Latin and his account book is peppered with Latin words, so he had at least a cursory knowledge of the language. For instance, when he totaled an account he indicated the total with *Summa*. Latin was an important part of an English boy's college preparation. If a town was not populous enough to support a Latin School (also called a Grammar School), the local minister usually prepared young boys for college. Harvard was the only college in the colonies during Ephraim Howard's boyhood, and there is no record of his having studied there.

Patients Jeremy Alford, Samuel Clark, Samuel Gaylord and George Griswold Sr. each got a dose of "crokam," which probably contained saffron from the crocus plant. For example, the medical ingredient crocomagma was the residue left after refining saffron oil, according to the Oxford Latin Dictionary. Commenting on the use of saffron in 17th-century medications, Oliver Wendell Holmes, MD, wrote, "Its yellow color was supposed to be the Creator's mark of its fitness in diseases which involve the yellow bile."⁴⁷

Like many physicians of his day, Howard believed that he could make his patient well by draining some of his blood. Over a five year period he charged fifteen people for bleeding. His fee was one shilling. Samuel Clark called on Howard for this service almost every year and once paid for his wife to be bled. Nathaniel Bissell paid for bleeding for his wife, someone called Black Dick and someone called Philip, but never endured the lancet himself. Joseph Phelps also paid for his wife. Others who were bled include Jeremy Alvord, Thomas Brown, Samuel Gaylord, Samuel Hosford, Thomas Kelsey, Samuel Loomis, John Millington, Peter Mills, Nathaniel Owen, and Israel and Betty Stoughton.

Israel and Elizabeth Stoughton were the children of Thomas and Mary Wadsworth

Stoughton. Mr. Stoughton, who was among the ten top landowners in early Windsor,⁴⁸ was the nephew of Capt. Israel Stoughton who had owned the first grist mill in the Massachusetts Bay Colony and had battled the Pequots. Coincidentally, Mr. Stoughton's mother, Margaret Stoughton, had been one of Governor Winthrop's patients.⁴⁹

Some patients seem to have come to Howard only to buy medicine. A woman identified as Widow Ingersoll of Westfield sent a Nathaniel Bancroft to purchase twelve cordials and six arcanams. The cordials were a shilling each and the arcanams were one shilling, six pence each. John Hodge of Stony Brook, in what is now Suffield, came to him for eight catopotiahs, at one shilling each and four arcanams at one shilling, eight pence each. John Kelsey paid six shillings for four cordials. Jeremy Alvord paid one shilling, six pence for a dose of croakam and a shilling for being bled. Either Howard did not charge Alvord for a visit to his house, or Alford came to Howard for the bleeding. There are a number of instances when bleeding is not accompanied by the usual charge for a house visit, which was one shilling.

The farthest Howard went on a house call was to Joseph Phelps Sr.'s on the east side of the Connecticut River, or as Howard wrote, "over the grat river." He would have crossed by ferry. He was "fetched...from Poquonock in the night," he says. Apparently it was Mrs. Phelps who was ill, as she is the one he bled. Two visits, two doses of catopotyah and the bleeding cost seven shillings. Phelps was another who had come from England in the *Mary and John* (with parents William and Anne Dover Phelps) and his wife was Mary Salmon, whom he had married in Northampton.⁵⁰

Howard also made "two visits staying at night" to Nathaniel Bissell. The overnight stay was probably necessary because Bissell also lived east of the river. He and his father, the town's first ferryman, are thought to have been the first settlers on that side of the river. Nathaniel eventually took over the ferry service.⁵¹

Howard made multiple visits to the homes of Thomas Brown, Samuel Clark, [John Cook?], James Eno, Samuel Gaylord, George Griswold, William Hosford, Thomas Kelsey, Samuel Loomis, John Millington and Peter Mills. Sometimes he mentions treating the man's wife or child. He records the actual name of Hosford's children, Obidiah and Mary, and John Millington's son John.⁵²

A Mr. Thomas [Flowers?], whom Howard treated at a [Sergeant?] Hoskins house, ran up a bill of ten shillings, among the largest for a single individual. He required a dose of senna, another purgative. He also needed two plasters "for his swelling." One was an "epespastik" plaster, meaning according to the OED that it was meant to temper "the acrimony of the humours." There is no hint about its ingredients. William Hosford also paid for medication that was epespastik.

After a brisk business in medicine during the first half of 1689 (and the sale of his share of the Simsbury mills in April), the notations in Ephraim Howard's account book end abruptly in July. More than a year passed before he signed his will on October 29, 1690; he died within two weeks, at the age of thirty-four.⁵³

Abigail Newberry Howard, his wife, had preceded him in death, just when is not known. He left behind a four-year-old son, Benjamin, and a two-year-old daughter, Mary. At the end of

his will he called upon four men to settle his estate and to “befriend me and my Children.” The men were “Mr. John Moore and my kinsman Mr. Job Drake....My Uncle Capt. Daniel Clark & my Brother-in-law Mr. Return Strong.” The document concludes with these words: “I desire my Son may be placed with a Carpenter to learn that Trade.”

Ephraim Howard’s estate was found to be insolvent and the court appointed Moore, Strong and Mr. Solomon Stoddard, minister at Northampton “to distribute to the Creditors in Just discretion.” Neither an inventory nor distribution can be found among the court records. However, the two final pages of the account book are devoted to the administrators’ lists of moveable items, with one mention of land valued at £31. The administrators recorded the name of the creditor to whom each item was given.⁵⁴

The court made Mr. John Moore and Mr. Return Strong responsible for the welfare of the two young children and in 1702, when Benjamin Howard was of age to choose his own guardian, he chose his uncle Return Strong, husband of his mother’s younger sister, Margaret Newberry Strong.⁵⁵

Queen Anne’s War was in progress in 1709 when, on June 13, Capt. Benjamin Newberry, their uncle, filed a declaration in the Windsor records that Benjamin and Mary Howard were still owed £25 from their grandfather Major Benjamin Newberry’s estate.⁵⁶ He wrote his will the next day and soon left with the Windsor militia company under the command of Matthew Allyn to fight the French and Indians in Canada. He died at Wood Creek on September 24, and the young Howards are the first named creditors in the settlement of his estate.⁵⁷

Benjamin Howard’s name appears in the 1710 Simsbury land records, when Warham Mather, grandson of the late Mr. John Warham and stepson of Mr. Solomon Stoddard, returned to him “upon certain good considerations” a small parcel of land in the Scotland section of Simsbury that Mather had purchased for £6 from Epharim Howard’s insolvent estate.⁵⁸ Mather was then a physician in New Haven.⁵⁹

The war still being in progress, Benjamin Howard left with the troops to Canada in July 1711 and returned in October. He died a little over a year later, on December 11, 1711, at about twenty-five years of age. He had not married and he left no one to carry on the Howard name. The court appointed his sister Mary Howard to administer his estate, worth £28-04-00.⁶⁰

Mary Howard married William Mitchelson Jr. in Windsor on April 26, 1713.⁶¹ He took on the problem of settling her father’s estate, successfully petitioning the court in 1718 to name him to replace the administrators Stoddard, Moore and Strong, who had never filed an account of the distribution that appears, at least partially, in the surviving pages of the account book. William and Mary Howard Mitchelson settled in the Scotland section of Simsbury, where they were members of the Anglican congregation still thriving at Old St. Andrew’s Church (Bloomfield). They had four children, whose descendants carry forward the family of the Howards, millers and physicians.

By Mary Jane Springman

Acknowledgments

I am indebted to Robert B. McComb for bringing the Howard account book to my attention. He did a search of the Simsbury Land Records and presented me with copies of every document pertaining to Ephraim Howard's mills, the Benjamin Howard/Warham Mather land transaction, and much additional material. Bob also gave me a copy of Carol Laun's short article "The Medical Miller: Ephraim Howard of Windsor," published in the September 1990 issue of *Southwoods* magazine. A copy is available at SGHRL.

I would also like to thank Carol Laun for welcoming me to the Salmon Brook Historical Society and making both the Howard account book pages and her transcription of them available to me. Both Bob and Carol have greatly facilitated the writing of this article, which is something of a prequel to Bob's article "The Mitchelsons of Windsor and Simsbury: William and Eliphalet, Tailor and Tavern Keepers," published in the Fall 2002 issue of this newsletter.

As always, the staff of the Connecticut State Library have given me expert and cheerful help. Celia Ann Roberts, reference librarian at the Simsbury Public Library, also deserves special thanks.

This article is one of an occasional series based on early account books. Until now all the account books have been records that Simsbury men kept in the 18th century.

Notes

1. Frank Thistlewaite, *Dorset Pilgrims: The Story of West Country Pilgrims Who Went to New England in the 17th Century* (London: Barrie & Jenkins, 1989), 75. The vast majority of the passengers in the Winthrop Fleet came, not from the West Country, but from the East Anglican counties of Norfolk, Suffolk and Essex.
2. Mary Jeanne Anderson Jones, *Congregational Commonwealth: Connecticut 1636-1662* (Middletown: Wesleyan University Press, 1968), 25-28.
3. Thistlewaite, *Dorset Pilgrims*, 84, 87.
4. Henry R. Stiles, *The History and Genealogies of Ancient Windsor, Connecticut; ... 1635-1891*, 2 vols. (Hartford: Case, Lockwood & Brainard Company, 1891), 1:147.
5. Stiles, *Windsor*, 1:148; cf. Sherman W. Adams and Henry R. Stiles, *The History of Wethersfield, Connecticut...*, 2 vols. (New York: The Grafton Press, 1904), 1:636.
6. William DeLoss Love, *The Colonial History of Hartford: Gathered from Original Sources* (Hartford: 1914; Case, Lockwood Brainard, 1935), 12, 182-3. Matthew Allyn's mill was located on the north side of the small river that is now channeled beneath Bushnell Park.
7. Bryan Bunch and Alexander Hellmans, *The Timetables of Technology* (New York: Simon & Schuster, 1993), 94-95.
8. Henry Stiles says that the mill, or at least a later version of it, was operating in 1891, even as he wrote (1:148). Larson's Hardware, Inc., at 144 Poquonock Road on the corner of East Street in Windsor, presently occupies the former mill building.
9. James Hammond Trumbull and Charles J. Hoadly, *Public Records of the Colony of Connecticut*, 15 vols. (Hartford, 1850-1890), 1:205 (hereafter cited as CCR). For the location of Robert Howard's

house next to the mill pond see the "Map of Windsor, 1633-1650" in Stiles, *Windsor*, 1:149.

10. In his history of Windsor, Henry R. Stiles says that Robert Howard emigrated from London to New England in July 1635 on the ship *Assurance* (2:409). However, that ship's 1635 destination is given as Virginia, not Massachusetts, in John Camden Hotten's *The Original Lists of Persons of Quality... Who Went From Great Britain to the American Plantations 1600-1700*. So the man named "Robert Haiward" on the ship's passenger list was probably not the same man who emigrated to New England. See Hotten (London, 1874; Baltimore: Genealogical Publishing Co., Inc., 1974), 111.

11. Payne Kenyon Kilbourne, *The History and Antiquities of the Name and Family of Kilbourn...* (New Haven: Durrie & Peck, 1856), 33-36, 42; Hotten, *Original Lists*, 64-66.

12. Adams and Stiles, *Wethersfield*, 1:67.

13. Albert E. Van Dusen, *Connecticut* (New York: Random House, 1961), 34-40.

14. Albert Carlos Bates, ed., *Some Early Records and Documents of and Relating to the Town of Windsor Connecticut, 1639-1703* (Hartford: Connecticut Historical Society, 1930), 46. This is a transcription of Matthew Grant's record. He listed the Howard children as Taphath, b. 1 Jan 1646; Rebecca, b. 17 Aug 1648; Hester, b. 8 Jun 1651; Lydia, b. 13 Jun, 1655; and Ephraim, b. 11 Jan 1656. Grant indicated that Hester (Esther) and Lydia were dead when he set down his record in 1677.

15. Love, *Hartford*, 188. He cites *Hartford Town Votes, I:106-9*.

16. *Ibid.*, citing *Hartford Town Votes*, 1:109, 114, 120, 122, 130, 134, 140; and *Original Distribution*, 539, 546, 549.

17. Thomas Bridman, comp., *Inscriptions on the Grave Stones in the Grave Yards of Northampton... with Brief Annals of Northampton* (Northampton: Hopkins, Bridgman & Co., 1850; Bowie, Maryland: Heritage Books, Inc., 1996), vii.

18. Stiles, *Windsor*, 1:159, 2:409.

19. *Ibid.*, 1:88.

20. *Ibid.*, 1:228-29, 2:409; Bates, *Some Early Records*, 88.

21. Windsor District Probate Records, Connecticut State Library (hereafter CSL), Robert Howard, 1684 (microfilm).

22. CCR, 1:331, 393.

23. Stiles, *Windsor*, 2:518.

24. *Ibid.*, 2:153; Sherman W. Adams, "The Militia" in *The Memorial History of Hartford County... J. Hammond Trumbull, ed.* (Boston: Edward L. Osgood Publisher, 1886), 178.

25. Lucius I. Barber, *A Record and Documentary History of Simsbury* (Simsbury: Abigail Phelps Chapter, DAR, 1931), 92-93.

26. Simsbury Land Records, transcription, Book 1 1/2, "Red Book," 105-6 (hereafter SLR).

27. *Ibid.*, 173-4, 197. The mill building, at 77 West Street in Simsbury, looks in outward form much as it appeared in the late 19th century. Until recently it has housed a restaurant.

28. *Ibid.*, 104-5. *From Wintonbury to Bloomfield*, published by the Wintonbury Historical Society in 1983, says on page 219, "Ephram Howard built a saw mill 60 rods from the mouth of Griffin's Brook.... Served district for more than 150 years. Taken over by Enoch Buttles sometime after 1775."

29. Stiles, *Windsor*, 1:454, 2:409. Stiles cites "Col. Doc., xxix, Sec'y State's Office, Albany, N.Y."

30. CCR, 1:197.

31. Ibid., 1:298.
32. Gurdon W. Russell, MD, *Early Medicine, and Early Medical Men in Connecticut* ([Hartford]: [s. n.], 1892), 10.
33. CCR, 2:286, 399, 409, 416. John Langton Sibley, *Sibley's Harvard Graduates....*, 4 vols. (Cambridge: Harvard University Press, 1933), 1:393-4, 350, 2:86.
34. CCR, 1:234.
35. Russell, *Early Medicine*, 9-15.
36. Stiles, *Windsor*, 1:453-4.
37. Howard Haggard, MD, *Devils, Drugs, and Doctors: The Story of Healing from Medicine-Man to Doctor* (New York: Blue Ribbon Books, 1929), 151; John Duffy, *The Healers: A History of American Medicine* (Urbana: University of Illinois Press, 1976; New York: McGraw-Hill, 1979), 25.
38. Robert C. Black, *The Younger John Winthrop* (New York: Columbia University Press, 1966), 170.
39. J. A. Simpson and E. S. C. Weiner, eds., *The Oxford English Dictionary*, 2nd Ed., 20 vols. (Oxford: Clarendon Press, 1989).
40. Samuel Eliot Morison, *Builders of the Bay Colony* (Boston, New York: Houghton Mifflin Company, 1930), 286.
41. Haggard, *Devils, Drugs and Doctors*, 350.
42. Galangals (usually spelled galingale) are the aromatic roots of certain East Indian plants of the genera *Alpina* and *Kaempferia*. Cubebs are the berries of a climbing shrub native to Java. They have a pungent spicy flavor.
43. Haggard, *Devils, Drugs and Doctors*, 332.
44. Russell, *Early Medicine*, 13; Oliver Wendell Holmes, MD, "Receipts to Cure Various Disorders," *Proceedings of the Massachusetts Historical Society*, [1st series], 5 (February 1862): 397.
45. John Duffy, *The Healers*, 28.
46. Holmes, "Receipts," 389.
47. Ibid., 393.
48. Thistlewaite, *Dorset Pilgrims*, 262.
49. Robert Charles Anderson, *The Great Migration Begins: Immigrants to New England, 1620-1633* 3 vols. (Boston: New England Historic Genealogical Society, 1995), 3:1778.
50. Ibid., 3:1444-6.
51. Stiles, *Windsor*, 1:77.
52. Obidiah Hosford of Windsor later practiced medicine. See Russell, *Early Medicine*, 59.
53. Windsor District Probate Records, CSL, Ephraim Howard, 1690 (microfilm).
54. Those who received items from the estate were: Mr. Alexander Allyn, Jeremy Alvord, Samuel Barber, Simon Drake, Johan Grant, [Mr. Mackmin?], Thomas Marshall, Peter Mills, John Moore, Joseph Phelps, Lt. Phelps and Solomon Stoddard. Enoch Drake received the land.
55. Charles William Manwaring, comp., *A Digest of the Early Connecticut Probate Records*, 3 vols. (Hartford: R.S. Peck & Co., Printers, 1904), 1:462.

56. Windsor Land Records, 3:21, CSL (microfilm).
57. Stiles, 1:239. Windsor District Probate Records, CSL, Benjamin Newberry, 1709 (microfilm). Jacob Read of Simsbury was one of the physicians and surgeons who accompanied the soldiers on this expedition. He returned home sick and died after five weeks in December 1709. See Russell, *Early Medicine*, 58.
58. SLR, 2:18-19. This land was not recorded in the account book.
59. Russell, *Early Medicine*, 61.
60. Windsor District Probate Records, CSL, Benjamin Howard, 1711 (microfilm).
61. Lorraine Cook White, ed. and comp., *The Barbour Collection of Vital Records: Windsor 1637-1850* (Baltimore: Genealogical Publishing Co., Inc.), 55:257.

SGHRL UPDATES

Jean Nudd to Speak Brought back by popular demand, Jean Nudd, Archivist at the National Archives and Records Administration (NARA), Northeast Region, Pittsfield, MA, will speak at the library on "Starting Your Search at NARA," Saturday, June 11, at 11:00 A.M. Free and open to the public.

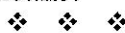
New Computer The new computer has been a boon to the patrons and staff of SGHRL. The Board of Trustees would like to thank four of our members who made generous donations toward the purchase of the computer: Mary Mitchell, Charle Smith, Marjorie Higley Brown and Alix Schultz.

Reception in Honor of Robert Lindauer Bob Lindauer was recognized for his many years of service on the Board of Trustees of the Simsbury Free Library at a reception in the fall. He has stepped down from the board but continues, with his wife Margaret, to be an active volunteer and supporter of SGHRL.

Regular Hours Resumed During the winter SGHRL opened and closed half an hour earlier. With the lengthening of daylight hours, the library is now keeping its regular hours: 9:30 A.M. to 3:30 P.M., Thursday through Saturday.

Queries

Looking for connection of Oliver Adams, b. 1750 in Simsbury, CT, to the Oliver Adams m. to Catherine Hackely in Schaghticoke, Rensselaer Co., NY (Dutch Reformed Church) on 2 Nov 1783. Please reply to Marlys Guildner, 23258 Chippendale Ave. W, Farmington, MN 55025. 651-463-8397 mgilnder@frontiernet.net



Looking for ancestors of Renodyne Phelps, b. 1807, Ohio. His father (unnamed) was "an early settler" of Perry Co., OH. Please reply to Ken & Peggy Runge of Northfield, MN 55057. 507-664-9322 krunge@charter.net

Some Recent Acquisitions

- Ancestry of Eleanore and Ann Louise Miles of Shenandoah, Pennsylvania...* by Norris Philip Wood and Eleanore Miles Wood (donated by Norris Philip Wood)
- Burials in the Granby Center Cemetery, Granby, Connecticut, 1740-1997* by Carol A. Laun (Donated by the Salmon Brook Historical Society)
- Deane-Hale Families Historical Record Revised and Updated 1634-2004* compiled and edited by Alice Marshall and Charles R. Deane (donated by Bruce A. Hale)
- Descendants of John Hillyer of Windsor, Connecticut...* by Hillyer G. Norment, Jr. (donated by the author)
- First Church Records, Simsbury, CT, 1682-1929* by First Church of Christ, Simsbury, CT
- First Ecclesiastical Society Records of Simsbury, CT 1832-1907* by First Church of Christ, Simsbury, CT
- Fort Trumbull: Ramparts, Subs and Sonar* (Donated by Eastern Connecticut State University)
- A Guide to the Manuscripts and Archives of the Whitney Library of the New Haven Colony Historical Society* compiled by Otilia Koel (donated by Jean Perreault)
- Irish Libraries: Archives, Museums & Genealogical Centres* by Robert K. O'Neill
- Maine Families in 1790*, vols. 6, 7, edited by Joseph Crook Anderson II
- A Midwife's Tale: The Life of Martha Ballard, Based on Her Diary, 1785-1812* by Laurel Thatcher Ulrich
- The New Eden: James Kilbourne and the Development of Ohio* by Goodwin Berquist and Paul C. Bowers, Jr. (donated by Richard Meyer)
- Out of Many: A History of the American People*, vol. 2, by John Mack Faragher, Mari Jo Buhle, Daniel Czitrom and Susan H. Armitage (donated by Jean Perreault)
- The Pilgrim Migration: Immigrants to Plymouth Colony, 1620-1633* by Robert Charles Anderson
- Plymouth Colony: Its History & People, 1620-1691* by Eugene Aubrey Stratton
- Revolutionary War Records of Fairfield, Connecticut* edited by Donald Lines Jacobus, abstracted by Kate S. Curry
- Silver Street Cemetery, Granville, Massachusetts* compiled by Suzanne Tower Hansen (donated by the compiler)
- Vital Records of Needham, Massachusetts, 1711-1845* edited by Robert Brand Hanson



Granby Cemetery Book Newly Revised

The revised edition of *Burials in the Granby Center Cemetery 1740-1997*, published by the Granby Cemetery Association, is now for sale at SGHRL. The book contains twelve pages of additions and corrections as well as more and clearer photographs of selected gravestones. This 2004 edition has a blue paper cover with a plastic protective overlay. The price is \$30.00 (\$35.00 with postage). A few copies of the first edition are still available for \$25.00. The books are also for sale at the Salmon Brook Historical Society.

SIMSBURY MARRIAGES

Date	Name	Age	Occupation	Birthplace
July 25, 1877	John Kitchen	57		Scotland
	Rebecca Lee	58		Scotland
July 4, 1877	Alfred Penn Harlow	26		Wethersfield
	Mary Ann Bogue	22		Glastonbury
July 4, 1877	William Penn Harlow	23		Wethersfield
	Sarah E. Bogue	21		Glastonbury
Aug. 30, 1877	William T. Goddard	27		East Granby
	Hannah Simpson	22		Hartford
Sept. 20, 1877	Lewis E. Graves	50		Williamsburg, Mass.
	Clarifsa Chapin	43		Springfield, Mass.
Oct. 16, 1877	William W. Clark	29		Sheffield, Mass.
	Flora J. Weed	21		Simsbury
Nov. 29, 1877	Randolph Wild	25		Switzerland
	Jennie H. Wilcox	22		Simsbury
Nov. 7, 1877	Michael Kelly	24		Ireland
	Mary Kennedy	18		Simsbury
Dec. 25, 1877	John W. Gardner	24		Simsbury
	Libbie Hoskins	24		Simsbury
Jan. 3, 1878	William Lusk, Jr.	38		Oneida County, N.Y.
	Clara P. Holcomb	24		Granby, Ct.
May 1, 1878	Aaron S. Chapman	41		Simsbury
	Mary A. Myers	28		New York City
May 6, 1878	Willis M. Watkins	21		Bloomfield
	Ella Merriman	28		Granby
May 11, 1878	John A. North	25		Berlin
	Nellie P. Drake	25		New Hartford
May 15, 1878	Hiram Reed	58		Granby
	Delia M. Hull	40		Farmington
May 22, 1878	Henry G. Bissell	22		New Hartford
	Anna M. Munnigle	22		New York
Sept. 4, 1878	Amos G. Cheesebro	23		Stonington
	Ellen M. Bartlett	19		Simsbury

This continuing series on Simsbury's early marriage records has been copied by Stephen E. Simon from microfilmed records at the Connecticut State Library.

Speaker on Genealogy
Brought Back for a Second Popular Subject

Jean Nudd, Archivist at the National Archives and Records
Administration (NARA), Northeast Region, Pittsfield, MA,
will speak on

Starting Your Search at NARA

Saturday, June 11
11:00 A.M.
At the Library

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Stephen F. Simon, Librarian & Genealogist
Mary Jane Springman, Editor

