

Video Title: Tymen Stidham: The First Doctor of New Sweden (03:04)

Video Description: This video features one actor. It highlights a recipe book of herbal medicines owned by Dr. Tymen Stidham, Delaware's first physician. For the entirety of the video, the actor is holding a sprig of rosemary and sitting at a table in the Research Library. **About the book:** The book is titled *A boke of the proprietes of herbes called an herball : wherunto is added the tyme ye herbes, floures and sedes shoulde be gathered to be kept the whole yere, with the vertue of ye herbes when they are styllid ; also a generall rule of all manner of herbes drawn out of an auncient boke of physycke* and was written by Richard Banckes and owned by Tymen Stidham. It was published circa 1552 (<https://1555.sydneypius.com/se/final/Portal/Default.aspx?component=AAAH&record=4e307b18-9555-4838-b106-4e1349049e00>).

Time Stamp	Heading	Audio	Visual	Subjects
00:00-00:15	[H1] Introduction	[no speech]	The video starts with a montage of clips from videos in the series concluding with the title of the video, for this one "Tymen Stidham: The First Doctor of New Sweden." The title is followed by text reading, "Presented by," and then appears the Delaware Historical Society logo.	
00:16-00:50	[H1] Rosemary, a Medicinal Herb	A simple sprig of rosemary. Maybe it makes you think about dinner, but in the 17th century they had some other ideas. Boil it with white wine, and you have a potion to remove blemishes from the face. Sprinkle it inside your clothes and ward away moths. Ah, but boil it in linen, drink the liquid, and it's a recipe to ward off all evils from the body. This is pretty powerful stuff.	The actor is speaking and holding a sprig of Rosemary [00:16]. The video shows a page [0:44] from the book of recipes seen next [00:46] (see title of book in the Video Description).	Rosemary; Herbal Recipes; Medicine
00:51-01:15	[H1] Dr. Tymen Stidham	Those are just three of many treatments that appear in a book of herbal remedies owned by Dr. Tymen Stidham, Delaware's first doctor, and maybe he knew what he was talking about. Stidham lived 76 years, almost doubling the life expectancy of the 17th century. He did so while making four round-trip voyages across the Atlantic, once surviving a shipwreck that cost him the lives of his wife and children. Years later, he died a wealthy man owning most of what we now think of as the northern third of downtown Wilmington.	The actor is speaking [00:51].	Dr. Tymen Stidham; New Sweden
01:16-01:51	[H1] Shipwreck in the Carribean	Stidham first arrived on these shores in 1640 on the Kalmar Nyckel's second journey to New Sweden. He was one of two barber surgeons on board, cutting hair, performing surgery, and doing some basic dentistry. His first stay in New Sweden lasted four years before he traveled back to the Old World. But in 1649, he embarked once again for the colonies this time with his family aboard the cat. That voyage ended in disaster when the ship hit a reef and sank in the Caribbean, marooning the passengers on an uninhabited island 80 miles off the coast of Puerto Rico.	The actor is speaking [01:16]. The video zooms in on an oil painting of the Kalmar Nyckel by Jacob Hägg (1839-1931) [01:18]. The video shows footage of the replica Kalmar Nyckel asail [01:21]. The video cuts back to the actor speaking [01:28]. The video cuts to an underwater shot of surging waves [01:44] and then cuts to footage of the replica Kalmar Nyckel on a foggy night [01:46]. The video cuts back to the actor speaking [01:49].	Kalmar Nyckel
01:52-01:59	[H2] Marooned on a Deserted Island	"We had to lick the stones with our tongues, but could not secure so much wet for eight days that we could quench our thirst."	The video shows <i>After the Shipwreck</i> (1595), an etching of a shipreck on a rocky shore [01:52]. A voiceover speaks the quote.	

02:00-02:12	[H2] Survival	Eventually they were discovered by Spanish and French sailors who robbed them of their possessions. It took Stidham two years to get back to Amsterdam. Less than a third of the colonists survived the ordeal, Stidham's wife and children did not.	The video shows the actor speaking [02:00].	
02:13-02:33	[H1] Return to New Sweden	Beaten but not broken, Stidham returned to New Sweden in 1654, just in time to see the Dutch conquer the Swedish Colony and annex its settlers into New Netherland. But the Dutch needed doctors too, and Stidham spent decades practicing his trade prescribing remedies of horehound and boneset, pennyroyal and sassafras.	The video shows the actor speaking [02:13].	New Netherland
02:34-2:55	[H2] Dr. Stidham Settles in Wilmington	Dr. Stidham was appointed city surgeon of Christina in 1662 and passed away 24 years later in 1686. His Wilmington house on 14th street near poplar was demolished in 1888, but one of his books of herbal remedies still survives, offering a glimpse into the medical practices of another time.	The video shows a black and white photo of a brick house once belonging to Dr. Stidham [02:43]. The video cuts back to the actor speaking [02:47].	Wilmington
02:55-03:04	Outro	[no speech]	White background with text, "Delaware Historical Society videos have been funded by the Longwood Foundation, Delmarva Power, an Exelon Company, and a grant from the Delaware Humanities, a state program of the National Endowment of the Humanities." Below the text are logos for (left to right) Longwood Foundation, Delmarva Power, and Delaware Humanities.	