



## Edward Winslow's Advice 1622

### "Certain Useful Directions for Such as Intend a Voyage into Those Parts"

By *Mayflower* passenger Edward Winslow

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"Now because I expect your coming unto us, with other of our friends, whose company we much desire, I thought good to advertise you of a few things needful.

"Be careful to have a very good bread-room to put your biscuits in. Let your cask for beer and water be iron-bound, for the first tier, if not more. Let not your meat be dry-salted; none can better do it than the sailors. Let your meal be so hard trod in your cask that you shall need an adz or hatchet to work it out with. Trust not too much on us for corn at this time, for by reason of this last company that came, depending wholly upon us, we shall have little enough till harvest. Be careful to come by some of your meal to spend by the way; it will much refresh you. Build your cabins as open as you can, and bring good store of clothes and bedding with you. Bring every man a musket or fowling-piece. Let your piece be long in the barrel, and fear not the weight of it, for most of our shooting is from stands. Bring juice of lemons, and take it fasting; it is of good use. For hot water, aniseed water is the best, but use it sparingly. If you bring anything for comfort in the country, butter or salad oil, or both, is very good. Our Indian corn, even the coarsest, maketh as pleasant meat as rice; therefore spare that, unless to spend by the way. Bring paper and linseed oil for your windows, with cotton yarn for your lamps. Let your shot be most for big fowls, and bring store of powder and shot. I forbear further to write for the present, hoping to see you by the next return. So I take my leave, commending you to the Lord for a safe conduct unto us."