

These provisions possibly included lemons to stave off scurvy that could afflict the travelers especially if bad weather greatly delayed the voyage. Seventeenth-century men knew nothing of vitamins, but sailors by then knew the value of lemons for preventing scurvy. The gentlemen adventurers may also have added to such basics more varied supplies for themselves. The *Relation of Maryland* (1635) recommended live chickens, wheat flour for puddings, butter and cheeses, cured hams, potted meats, wines, and other luxuries.⁴⁷

To the provisions for the voyage were added a year's supplies for each settler. John Smith, one of the founders of Virginia, long before (in 1612) had published a list of what was necessary, and the *Relation of Maryland* of 1635 made few changes. Per man, 8 bushels of meal, 2 bushels of peas, 2 bushels of oatmeal, 1 bushel of salt, and a little sugar, spice, and fruit were recommended, plus a gallon of oil, 2 gallons of vinegar, and 1 gallon of aquavita (that is, alcohol). Bedding, clothing, and equipment for eating and cooking also had to go, along with saws, hammers and other carpenters' tools, hoes, axes, shovels, spades, grindstones, and nails. In all the minimum provisions and equipment needed were estimated at half a ton per person, and Lord Baltimore undoubtedly saw to it that he and his investors supplied at least the minimum. The gentlemen adventurers were advised to carry more: hogsheads of beef or pork, butter, cheeses, iron hinges and locks, soap, candles, seeds for fruit trees, and other items.⁴⁸

In addition, Lord Baltimore supplied his colony-to-be with armaments. Four sakers, weighing in all 9,925 pounds, and four demiculverins, weighing together 11,800 pounds, were delivered to the *Ark*. Sakers of this