From the journal of William Bradford

Plymouth Colony was governed by a Governor and Court of Assistants, who in turn called the General Court into session. In 1624, the number of Assistants was increased:

"The time of new election of ther officers for this year being come, and ye number of their people increased, and their troubls and occasions therwith, the Gov'r desired them to change ye persons, as well as renew ye election; and also to add more Assistans to ye Gov'r for help & counsell, and ye better carrying on of affairs. Showing tht it was necessarie it should be so. If it was any honour or benefite, it was fitte others should be made pertakers of it; if it was a burthen, (as doubtles it was) it was but equall others should help to bear it; and yt this was ye end of Annuall Elections [end = purpose or intention, therefore 'this was the purpose of annual elections']. The issue was, that as before ther was but one Assistante, they now chose 5 giving the Gov'r a duble boyce; and aftwards they increased them to 7 which course hath continued to this day."