noise like thunder, casteth forth great stones, vomiteth out Brimstone, and fills all the ground with ashes round about it, so that the Country cannot be inhabited for two entire miles round about it. They which draw neere to this Mountaine to consider and view more curiously the causes why it burns, are sometimes swallowed up alive by some hidden breach in the Mountaine, for there are many, and those covered so with ashes, that no man can beware of them: therefore they call this place 'Carter fordardum ammanum' the prison-house of uncleane soules. Besides it happeneth, that the yce being loosed, doth in great piecees for 8 moneths together beat against the shore, and maketh such an horrible sound, that the Inhabitants say, it is the crying and howling of those soules. There is an other Mountaine of the same nature called Helga: this Mountaine in the yeare 1587, (as Jonas wittneth) did cast forth fire and stones with such a thundering noise, that four score miles from thence, they thought some great pieces of Ordnance had been shot off. In one part hereof strange Spirits are scene in the likeness of men, so that those who doe not know them to bee dead before, would think they were alive: nor do they find their error before the ghosts do vanish away. But these things Jonas thinkes are fabulous, or else the delusions of the Devill. Cranizan and Olaus doe write, that the Islanders, for the most part, doe dwell in Caves, which they digge in the sides of the Mountaines, especially in the Winter time. But Jonas, on the contrary, faith, that there are many Temples and houses built of wood very faire and forcibly. The Island hath two Cathedrall Bishopricks, as Holar, or Holen, under which are the Monasteries Pinora, Remsel, Mudur, Munkeniere; and Scalboli, under which are those Monasteries Videy, Pynnebar, Kirkekebar, and Sheda. Yet wee understand by the writings of Vellanus the Author of this Table, that there are nine Monasteries in it, and three hundred and nine and twenty Churches. The Bishops are sent thither our of the Universiteit of Haffnia, the only University in Denmarke, one of them governeth the Northerne part of the Island, the other the Southerne. And each of them hath a free Schoole joyned to his house, in which he is bound to be at the cost of the bringing up and teaching of foure and twentie Children. The Inhabitants live, eat, and lodge in the same houses with their Cartell. They live in a holy simplicity, seeking nothing more than what Nature grants them; for the Mountaines are their Townes, and the Fountains their delight. A happie Nation, not envieth by reason of their poverty, and so much the happier because it hath received the Christian Religion. Yet the English and Danish Merchants doe trouble their quiet, not suffering them to be content with their owne: for they frequencing this Island, to bring away filth from thence, have brought among them their vices together with their wares. The memorable acts of their Ancetors, they doe celebrate in Verse, and doe keep them from oblivion by engraving them on Rocks. They live, for the most part, by Fish, which being dried and beaten, and so made into a kind of meate, they use at their Table instead of bread. But the wealthier doe eat bread twice baked. Heretofore they dranke water, and the richer milke, but now they have learned to mingle come with it, which is brought hither from other places, and they