THE ILES OF BRITTAINE.

ENGLAND, SCOTLAND, AND IRELAND: WITH THE ISLANDS LYING ROUND ABOUT THEM.

BRITTAINE containeth all those Islands which lying betweene Spain and Germany, are stretched forth in a great quantity of Land toward France. Lybyddus saith that not long agoe it was called Prydanum; Sir Thomas Eliot would have it called Prytanum, being incited thereunto through the love of contention rather then truth, against the authority of Aristotele, Luceriuss, Iulius Cæsar, and other ancient Writers. But because heretofore all the Britannes did paint themselves with woade, which gave them a blewish colour, that so their faces might be more terrible against their enemies in war; and in regard that in their ancient Language they did call any thing that was painted and coloured, Britte some doe rightly suppose that the Graecians, understanding that the inhabitants were called Brith and Briton, did adde to Britania, which signifies a Country, and therefore *Brittain* was called the Country of Brittain, that is, the Country of painted and coloured men; like as Mauritania is called so of the Moors, Lusitania from Lusia, and Aquitania the Region of Waters. Brittain is endowed by Nature with all goodis both of Arre and Soyle, in which neither the cold of winter is too violent, (as the Oratour hath it, speaking to Consstantine) nor the heat of Summer, and it is so fruitful in bearing cornes, that it is sufficiently stored with Bread and Drink: Here the woods are without wilde beasts, and the earth without barrenfull Serpents. On the contrary, innumerable flocks and herds of tame cattle, full of milke, and loaden with their fleece, yea, whatsoever is necessary to life is here: the days are very long, so that the nights are not without some light, and the Sunne which seemeth in other Countries to goe downe and set, doth seeme here only to passe by. Among all the Isles of Brittain, two do exceed the rest in greatness: Albion, (under which are contained England, and Scotland,) and Ireland. The greatest of these is Albion, now alone called Britann, which was a name formerly common to them all: and this name is rather deduced out of Books, than used in common speech, only the Scots doe yet call themselves Albinic, and their Country Albin. Concerning the name of Albion, the Graecians first gave it to this Isle for distinction sake, seeing all the neighbour Islands were called the Isles of Brittain: so that it did first arise from the vaine and fabulous lightnesse of the Graecians in faining names. For seeing they called Italy, from Helperus the fonne of Atlas, Hesperia, France, from the fonne of Poliphemus, Gallatia, &c. It is not unlikely that they fabulously named this Iland Albion, from Albion the fonne of Neptune, which Perotius and Lilius Giraldus doe