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

BRITTAINE containeth all those Islands which lying betweene Spaine and Germany, are stretched forth in a great quantity of Land toward France. Lhwyddus faith that not long agoe it was called Prydium. So Thomas Eliot would have it called Prytanum, being incited thereunto through the love of contention rather then truth, against the authority of Aristotle, Lucertius, Iulius Cesar, and other ancient Writers. But because heretofore all the Brittaines did paint themselves with woode, which gave them a blewish colour, 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, Brit- some doe rightly suppose that the Grecians, understanding that the inhabitants were called Brith and Briton, did add to Brith Tana, which signifies a Country, and therefore Britaine was called the Country of Brittaines, that is, the Country of painted and coloured men; like as Mauritania is called so of the Moors, Lusitanio from Lusit, and Aquitania the Region of Waters. Britaine is endowed by Nature with all graces both of Air and Soyle, in which neither the cold of Winter is so violent, (as the Oratour hath it, speaking to Constantin) nor the heat of Summer, and it is so fruitful in bearing cornes, that it is sufficiently fed with Bread and Drink: Here the woods are without wilde beasts, and the earth without harmefull Serpents. On the contrary, innumerable fockes and herds of tame cattell, full of milke, and laden 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 seems in other Countries to goe downe and set, doth seeme here only to passe by. Among all the Iles of Brittaines, two do exceed the rest in greatnesse: Albion, (under which are contained England, and Scotland,) and Ireland. The greatest of these is Albion, now alone called Britaine, 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 Scot doe yet call themselves Alimbich, and their Country Albin. Concerning the name of Albion, the Grecians first gave it to this Ile for distinction sake, seeing all the neighbour Islands were called the Iles of Brittaines: so that it did first arise from the vaine and fabulous lightnesse of the Grecians in faigning names. For seeing they called Italy from Hesperus the sonne of Atlas, Hesperia, France, from the sonne of Poliphemus, Gallatia, &c. It is not unlikely that they fabulously named this Iland Albion, from Albion the sonne of Neptune, which Perottus and Lulius Giraldus doe