noislike thunder, casteth forth great stones, vomiteth out Brimstone, and sits all the ground with ashes round about it, so that the Countrey cannot be inhabited for two entire miles round about it. They which draw near to this Mountaine to consider and view more curiously the causes why it burns, are sometime 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 Career for Bray, or Anima, the prison-houle of uncleane soules. Besides it happeneth, that the yee being loos'd, doth in great pieces for 8 months together bear against the shore, and maketh such an horrible sound, that the Inhabitants say, it is the crying and howling of those soules. There is another Mountaine of the same nature called Helga: this Mountaine in the yeare 1581, (as Iona witnesseth) 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 beene shot off. In one part herof, strange Spirits are seen in the likeness of men, so that those who do not know them to bee dead before, would think they were alive: nor doe they finde their error before the ghosts do vanish away. But these things Iona thinkes are fabulous, or else the delusions of the Devil. 

Cranstus and Olaus doe write, that the Islanders, for the most part, doe dwell in Caves, which they digge in the sides of the Mountains, especially in the Winter-time. But Iona, on the contrary, faith, that there are many Temples and houses built of wood very faire and costly. The Island hath two Cathedral Bilhoppicks, as Holm, or Hallsen, under which are the Monasteries Pingoara, Remesfeld, Modur, Munskeniere, and Scalai, under which are those Monasteries Eide, Pymbar, Kirckebir, and Shieda. Yet wee understand by the writings of Velius the Authour of this Table, that there are nine Monasteries in it, and three hundred and nine and twenty Churches. The Bishops are sent thither out of the Universitie of Hassia, the only Universitie in Denmarke, one of them governeth the Northern part of the Island, the other the Southerne. And each of them hath a free Schoole joyned to his house, in which hee is bound to be at the cost of the bringing up and teaching of foure and twenty Children. The Inhabitants live, eate, and lodge in the same houses with their Cattell. They live in a holy simplicity, seeking nothing more than what Nature grants them; for the Mountains are their Townes, and the Fountains their delight. A happie Nation, not envied 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 frequenting this Island, to bring away fish from thence, have brought among them their vices together with their wares. The memorable acts of their Ancestours, they doe celebrate in Verse, and doe keepe 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 kinde of meate, they use at their Table instead of bread. But the wealthier doe eate bread twice baked. Herefore they dranke water, and the richer milke, but now they have learned to mingle corne with it, which is brought hither from other places, and they