

perature, and sundry manners of sicknesse, as the Subiects are divers wherevpon they worke.

Departing out of the Calmes of the Ilands, and comming into the fresh Brele, it causeth the like, and I haue seene within two dayes, after that we haue partaked of the fresh ayre, of two thousand men, about a hundreth and fiftie haue bene crazed in their health.

The remedie. The Inhabitants of these Ilands vse a remedie for this, which at my first being amongst them, seemed vnto me ridiculous, but since, time and experience hath taught to be grounded vpon reason. And is, that vpon their heads they weare a Night-capp, vpon it a Mouero, and a Hat over that, and on their bodies a lute of thicke Cloth, and vpon it a Gowne, furr'd or lyned with Cotton, or Bayes, to defend them from the heate in that manner, as the Inhabitants of cold Countries, to guard themselves from the extremitie of the colde. Which doubtlesse, is the best diligence that any man can vse, and whosoever proovert it, shall find himselfe lesse annoyed with the heate, then if he were thinly Cloathed, for that where the cold ayre commeth, it peirceth not so subtilly.

**The influence
of the Moone
in hot Coun-
tries.**

The Moone also in this Climate, as in the coast of *Guyne*, and in all hott Countries, hath forcible operation in the body of man; and therefore, as the Plannet, most preiudiciall to his health, is to be shunned; as also not to sleepe in the open Ayre, or with any Scuttle or Window open, whereby the one, or the other, may enter to hurt.

For a person of credit told me, that one night in a river of *Guyne*, leaving his Window open in the side of his Cabin, the Moone shining vpon his shoulder, left him with such an extraordinary paine, and furious burning in it, as in about twentie houres, he was like to runne madde, but in fine, with force of Medicines and cures, after long torment, he was eased.

Some I haue heard say, and others write, that there is a Starre which never seperateth it selfe from the Moone, but a small distance; which is of all Starres the most beneficiall to man. For where this Starre entreth with the Moone, it maketh voyde her hurtfull influence, and where not, it is most perilous. Which if it be so, is a notable secret of the diuine Providence, and a speciall cause amongst infinite others, to moue vs to continuall thanksgiving; for that he hath so extraordinarily compassed and fenced vs from infinite miseries, his most vnworthie and vngratefull Creatures.

Of these Ilands are two pyles: the one of them lyeth out of the way