

employed in this manner: the one for the vse and clenſing of their Armes, the other for rooming, making of Sayles, Nettings, Decking, and Defences for our Shippes; and the third, for clenſing their bodies, mending and making their apparell, and neceſſaries, which though it came to be practiſed but once in ſeaven dayes, for that the Sabbath is ever to be reſerved for God alone, with the ordinary Obligation which each perſon had beſides, was many times of force to be omitted; And thus wee entertained our time with a fayre Wind, and in few dayes had ſight of the Land of *Barbary*, ſome dozen Leagues to the Northwards of *Cape Blaque*.

Before we came to the Cape, wee tooke in our Sayles, and made preparation of Hookes and Lines to Fiſh. For in all that Coaſt is great abundance of ſundry kinds of Fiſh, but eſpecially, of *Porcus*, which wee call *Breames*; many *Portingalls* and *Spaniards* goe yearly thither to fiſh, as our Country-men to the *New-found-land*, and within *Cape Blaque* haue good Harbour for reaſonable ſhipping, where they dry their Fiſh, paying a certaine eaſie tribute to the Kings Collector. In two houres wee tooke ſtore of Fiſh for that day, and the next: but longer it would not keepe good; and with this refreshing ſet Sayle againe, and directed our courſe betwixt the Ilands of *Cape de Verd* and the *Maine*. Theſe Ilands are held to be ſituate in one of the moſt vnhealthieſt Climates of the world, and therefore it is wiſedome to ſhunne the ſight of them, how much more to make abode in them.

Cape de Verd.

In two times that I haue bene in them, either coſt vs the one halfe of our people, with Fevers and Fluxes of ſundry kinds; ſome ſhaking, ſome burning, ſome partaking of both; ſome poſſeſt with frenſie, others with ſloath, and in one of them it coſt me ſix moneths ſickneſſe, with no ſmall hazard of life: which I attribute to the diſtemperature of the ayre, for being within ſoureteene degrees of the Equinoctiall lync, the Sunne hath great force all the yeare, and the more for that often they paſſe, two, three, and foure yeares without rayne; and many times the earth burneth in that manner as a man well ſhodd, cannot endure to goe where the Sunne ſhineth.

The vnwhol-
ſomneſſe
thereof.

The heate.

With which extreame heate the bodie fatigated, greedily deſireth refreshing, and longeth the coming of the Breze, which is the North-eaſt winde, that ſeldome ſayleth in the after-noon at foure of the clocke, or ſooner: which coming cold and freſh, and finding the poores of the body open, and (for the moſt part) naked, penetrateth the very bones, and ſo cauſeth ſudden diſtem-

The Breze.