Moreuer, whereas diuers vse to obiect concerning the proper & accustomed fare of our countrey, especially of flesh, fish, butter being long time kept without salt: also concerning white-meats, want of corne, drinking of water, and such like: in most places of Island (for there be many of our countrimen also, who, after the maner of the Danes and Germans so farre foorth as ought in a meane to suffice chaste and temperate minds, although we haue not any great varietie of sauce, being destitute of Apothecaries shops, are of ability to furnish their table, and to liue moderately) we cõfesse it to be euen so: namely that the forsaid kinds of victuals are vsed in most places without the seasoning of salt. And I will further adde, that the very same meats, which certaine strangers abhorre so much as to name, yet strangers themselues, when they are among vs do vse to eat them with delight. For albeit for the most part we haue no corne, nor meale, nor yet salt the prouocation of gluttony, for the seasoning of our victuals, is common to vs all: yet notwithstanding almighty God of his goodnesse hath taught our men also the way, how they should handle, and keepe in store those things which belong to the sustentation of life, to the end it may appeare, that God in nourishing and sustaining of vs Islanders, is not tyed to bread and salt.

Want of salt in Island.

The Islanders meanes of preserning their meates without salt.

But whereas strangers boast that all their victuals are more pleasant and wholesome: yet we denie that to be a sufficiente reason, why they should vpbraid vs in regard of ours: neither do we thinke God to be a debtor vnto our deintie mouthes; but rather we giue him thanks with our whole hearts, that he vouchsafeth without this delicate and nice fare, which is esteemed to be so pleasant and wholesome, to grant euen vnto the men of our countrey many yeeres, and a good age as also constant health, and flourishing strength of body; all which we accoume to be signes of wholesome and conuenient nourishment, and of a perfect constitution. Besides, our wits are not altogether so grosse and barren, as the philosophers seeme to assigne vnto this our aier, and these nourishments, which perhaps many of our countreymen could much rather verifie in deeds then in words, if (as the Poet sayth) enuious pouerty did not holde vs downe.

But here the iudgement of the common people, as often in other matters, doth too plainly deceiue (I except all good and well experienced men) some of them which would seeme to be wise: namely, that whatsoeuer their vse doth not admit, or that they haue not seene, nor had triall of beforetime, they presently condemne. As for example, he that neuer saw the sea will not be perswaded that there is a mediterrane sea: so doe they measure all things by their owne experience and conceit, as though there were nothing good and profitable, but that onely wherewith they maintaine their liues. But we are not growen to that pitch of folly, that because we haue heard of certeine people of Aethiopia, which are fed with locusts, being therefore called by Diodorus, Acridophagi, and of a certaine nation of India also, whom Clitarchus & Megastenes haue named Mandri, as Agatarchides witnesseth, or of others that liue vpon frogs or sea-crabs, or round shrimps, which thing is at this day commonly knowen, that (I say) we should therefore presume to make them a laughing stocke to the common people, because we are not accustomed to such sustenance.

The sixteenth section.

The tenth reproach.

TEnthly, that vnciuill beast casteth our men in the teeth with their good hospitality. They do not (sayth he) carry about mony with them in their purses, neither is it any shame to be enterteined in a strange place, and to haue meat and drinke bestowed of free cost. For if they had any thing which they might impart with others, they would very gladly. Moreouer, he maketh mention of certeine churches or holy chappels (as of a base thing) which many of the Islanders haue built in their owne houses: & that first of all in the morning, they haue recourse thither, to make their prayers, neither do they suffer any man before they haue done their deuotion, to interrupt them. These be the things which he hath set downe as some notable disgrace vnto the Islanders. And no maruell:

For filthy swine detest all cleanly ones,
And hogs vncleane regard not precious stones.

Which I feare, least it may be too truely affirmed of this slanderer, as it is manifest out of these two last obiections.

Howbeit, Stehens he himselfe is a most sufficient witnesse of his owne vertues, we will referre the reader, who is desirous to know more of him vnto his booke of rimes against Island, which we haue now examined in our former sections: at whose railing & filthy speeches we haue bene ashamed on his behalfe: insomuch that those things which he with satyrical, satyrical may sathanical biting and reuiling of our nation, hath not blushed to write, are irksome for vs to repeat: so great & abominable is his insolency, & his reproches so heinous. Good God! whosoeuer shall view the cartlode of slanders (for we haue mentioned the least part thereof, because I was loth to lose my labour, or, as the wise man sayth, to answere a foole according to his foolishnesse, whereas in his

rimes