

island, but they lived on milk and flesh<sup>1</sup>; though it is expressly asserted by Strabo that they had no cheese<sup>m</sup>. The later Britons, however, well knew how to make the best use of the cow, since, as appears from the laws of *Heel Dda*, A.D. 943, this animal was a creature so essential, so common and useful in Wales, as to be the standard in rating fines, &c.<sup>n</sup>.

Hengist, leader of the Saxons, made grand entertainments for king Vortigern<sup>o</sup>, but no particulars have come down to us; and certainly little exquisite can be expected from a people then so extremely barbarous as not to be able either to read or write. ‘Barbari homines a sepientrione, (they are the words of Dr. Lister) caseo et ferina subcruda victitantes, omnia condimenta adjectiva respuerunt’<sup>p</sup>.

Some have fancied, that as the Danes imported the custom of hard and deep drinking, so they likewise introduced the practice of gormandizing, and that this word itself is derived from *Gormund*, the name of that Danish king whom Ælfred the Great per-

<sup>1</sup> Cæsar de B. G. v. § 10.

<sup>m</sup> Strabo, lib. iv. p. 200. Pegge’s Essay on Coins of Canob, p. 95.

<sup>n</sup> Archæologia, iv. p. 61. Godwin, de Præful. p. 596. seq.

<sup>o</sup> Malmfb. p. 9. Galfr. Mon. vi. 12.

<sup>p</sup> Lister. ad Apic. p. xi. where see more to the same purpose.