

the level, at least in Scotland and the north of England, was lower. The marine terraces found along the coast-line mark former levels at which the land stood, and indicate a gradual uprise, with long pauses when the country remained stationary. But that there were also downward movements seems to be put beyond question by the 'submerged forests,' which here and there occur below high-water mark.

If, while standing at a lower level than it does now, the country rose again slowly with long intervals of rest, each of these pauses would give the sea an opportunity of cutting a notch, or horizontal terrace, along the margin of the land, and laying down upon it the sand, gravel, or silt of an ordinary beach. A succession of such terraces, or 'raised beaches,' would thus be traceable at different elevations above the present sea-level, becoming generally fainter according to their height, for the highest being the oldest would necessarily have been longest exposed to denudation. Now platforms of this kind run along the coasts of Scotland from the Solway to the Pentland Firth. Though traces of higher terraces are here and there visible, the highest which really comes notably forward as a feature in the scenery is that which lies about 100 feet above the present sea-level. One of the best localities for observing the share taken by this platform in our coast scenery is to be found in the district between Falkirk and Stirling. Its broad level tract of ground has there been deeply trenched by the streams, and has likewise been cut away along the outer margin so as to descend to the next terrace in a line of steep grassy bluffs. The materials composing the platform consist of finely-laminated clays and sands, which were probably accumulated while floating ice still drifted about in our bays and estuaries. The wide tract of level ground upon which the 100 feet terrace of Stirlingshire so abruptly