

Suffolk. They are, in fact, often so far buried under superficial strata that they require to be looked for, and the whole country being flat they do not at all affect the scenery, excepting in a minor way in the coast cliffs. Physically they chiefly indicate a certain amount of submergence and subsequent emergence in late times, before the epoch of the *Forest bed*, and that is all, for, as already frequently insisted on, we are not to consider Great Britain as having always been an island during and between the periods that I have already described. It is an accident that it is now an island; and it has been islands many times, and an island more than once before, and in many shapes. When I describe other periods, still later than the Crag, we shall be able to understand a little more definitely the precise kind of changes that our land in latter days has undergone.

Younger than the Crag there are certain other minor deposits, portions of which are scattered here and there throughout England. One of the most remarkable, the 'Forest bed,' lies underneath the glacial deposits on the shore, at Cromer, in Norfolk. This minor formation has been traced for some distance between high and low water mark. It consists of dark sandy clay, with plants, above which there is a band of coarse gravel, containing the remains of elephants, &c., then bands of clay and gravel, with marine and fresh-water shells and fragments of wood. The plants noticed in the Forest bed are: *Pinus sylvestris* (Scotch fir), *Abies excelsa* (a Pine), *Taxus baccata* (Yew), *Prunus spinosa* (Sloe), *Menyanthes trifoliata* (Buckbean), *Quercus* (Oak), *Alnus* (Alder), *Nymphaea alba* (Water-lily), *Nuphar lutea* (Yellow Water-lily), *Ceratophyllum demersum* (Horn-wort), and *Potamo-*