

one body, but successively, in the course of many years : they spread themselves over various parts of the coasts of the North Sea, and even a considerable way up the borders of the Weser and the Elbe ; according to documents which I have mentioned in my *Letters sur l'Histoire de la Terre et de l'Homme*. These new settlers found large *marsches*, formed, as well in the wide mouths of those rivers as along the coasts, and around the original islands of *geest* ; especially that of Heiligeland, the most distant from the coast, and opposite the mouth of the Eyder. Of this island, which is steep towards the south, the original mass consists of strata of *sandstone* ; and at that time its *marsch* extended almost to Eyderstede : there were *marsches* likewise around all the other original islands ; besides very large islands of pure *marsch* in the intervals of the former.

All these lands were desert at the arrival of the Frisians ; and the parts on which they established their first habitations, to take care of their breeds of horses and cattle feeding on the *marsches*, were the original eminenes of the islands ; on that of Heiligeland they built a temple to their great goddess Phoseta, or Fosta. When they became too numerous to confine themselves to the heights, their herds being also greatly multiplied, they ventured to begin inhabiting the *marsches* ; but afterwards, some great inundations having shewn them the dangers of that situation, they adopted the practice followed by those who had settled on the *marsches* of the province of Groningen, and still continued on the *Halligs* ; that of raising artificial mounts called *werfs*, on which they built their houses, and whither they could, upon occasion, withdraw their herds ; and it likewise