http://www.geology.19thcenturyscience.org/books/1869-Miller-Sketchbook/README.htm

history, St. Michael's Mount, in Cornwall, was connected with the mainland at low water as it is now,—a fact good in evidence to show that since that age the respective levels of land and water have not altered in Britain. The old coast line must have been already upheaved when Cæsar landed in the island. And yet, though, as shown by its profound caves and deeply excavated hollows, the sea must have beaten against it during an immensely protracted period of depression, there existed a previous period of upheaval, represented by the layer of moss at the bottom of the gravel, when the land must have stood considerably higher over the sea-level than it does now. In many localities around the shores of Britain and Ireland, the moss-bed which so often underlies the bed of old coast gravel is found to run out under the sea to depths never laid bare by the tide; and yet at least as low as the sea ever falls, it is found bearing its stumps and roots of bushes and trees of existing species, that evidently occupy the place in which they had originally grown and decayed. These submerged mosses, as they are termed, occur along the sides of the Firths of Tay and Forth, and in at least one locality on the southern side of the Moray Firth; on the west coast they lie deep in lochs and bays; they occur on various parts of the coasts of Ireland; and off the shores of Erris and Tyrawly have furnished a basis for strange legends regarding an enchanted land, which once in every seven years raises its head above the water, green with forests and fields, but on which scarce any one has succeeded in landing. They occur also on the English shores, in one interesting instance in the immediate neighbourhood of that St. Michael's Mount, which, from the description of the Sicilian historian, furnishes a sort of negative measure of the period during which the gravel bed immediately over them was elevated. 'On the strand of Mount's Bay, midway between the piers of St. Michael's Mount and Penzance, on the 10th of January 1757,' says