Ramsay points out indications, first of an intensely cold period, when land was much more elevated than it is now; then of submergence beneath the sea; and, lastly, re-elevation attended by glacial action. "When we speak of the vegetation and quadrupeds of Cromer Forest being pre-glacial," says Lyell, "we merely mean that their formation preceded the era of the general submergence of the British Isles beneath the waters of the glacial sea. The successive deposits seen in direct superposition on the Norfolk coast," adds Sir Charles, "imply at first the prevalence over a wide area of the Newer Pliocene Sea. Afterwards, the bed of the sea was converted into dry land, and underwent several oscillations of level, so as to be, first, dry land supporting a forest; then an estuary; then again land; and, finally, a sea near the mouth of a river, till the downward movement became so great as to convert the whole area into a sea of considerable depth, in which much floating ice, carrying mud, sand, and boulders melted, letting its burthen fall to the bottom. Finally, over the till with boulders stratified drift was formed; after which, but not until the total subsidence amounted to more than 400 feet, an upward movement began, which re-elevated the whole country, so that the lowest of the terrestrial formations, or the forest bed, was brought up to nearly its pristine level, in such a manner as to be exposed at a low tide. Both the descending and ascending movement seem to have been very gradual."

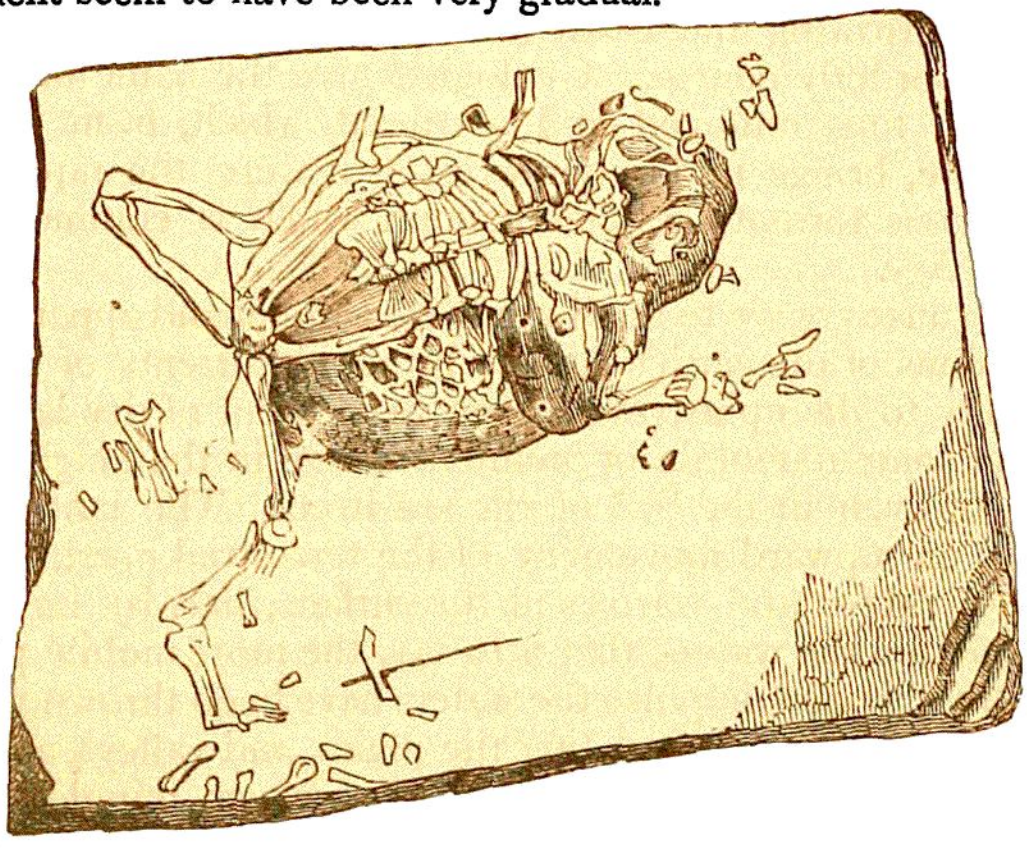

Fig. 193.—Palæophognos Gesneri. Fossil Toad.