

island forms a portion of an extensive tableland, which is continued far into the mainland of Pembrokeshire, broken only by minor hills formed of hard igneous rocks which have more effectually resisted denudation, while far to the south the islands of Skomer and Skokholm continue the outlines of the upland plain, such as in Chapter XXX. I have called an old plain of marine denudation.

All along the west coast, where solid rocks prevail, the hardest masses usually form promontories, while the bays have been scooped in softer material; and this fact, though the rate of waste may not be detected by the eye in many years, yet proves the nature of marine and atmospheric denudation when combined on coast cliffs. The very existence of sea cliffs proves marine denudation, for the strata that form these cliffs come abruptly to an end in precipitous escarpments. To see this in perfection let any one walk along the coast cliffs formed of Old Red Sandstone near Arbroath in Forfarshire. There the broad inland plain ends abruptly in vertical precipices, that rise from 150 to 250 feet above the waves at their base, and while the tide is retreating to its completest ebb, long reefs and skerries of hard edged strata tell of the progressive cutting back of a great modern *plain of marine denudation*, similar to that old one which stretches inland from the high edge of the existing cliff.

The Needle-rock near Fishguard, the Needles of the Isle of Wight, and many other rocky 'stacks' form excellent cases in point, standing a little aloof from the high cliffs of rock that form the shore-line; and the Orkney Islands themselves are only fragments of an older land separated by denudation from the mainland of Scotland. While being deposited, Nature never