

land-valleys. Each loch and fjord is the submerged part of a valley, of which we still see the upper portion above water, and the sunken rocks and skerries, islets and islands are all so many relics of the uneven surface of the old land before its submergence. The indented form of the coast-line of the west of Scotland and of Norway is not evidence of the unequal encroachment of the sea, as is often, perhaps generally, supposed, but is due to a general submergence of the west side of the two countries, whereby the tides have been sent far inland, filling from side to side ancient valleys and lakes.¹ Subsequent re-elevations, or rather, stationary intervals during a long period of elevation, are marked along both the Norwegian and Scottish shores by successive terraces or raised beaches.

But to one who has sailed or boated among the sea-lochs of Scotland, no feature of the Norwegian coast is at once so striking and so familiar as the universal smoothing and rounding of the rocks, which is now recognised as the result of the abrading power of ice. Every skerry and islet among the countless thousands of that coast-line is either one smooth boss of rock, like the back of a whale or dolphin, or a succession of such bosses rising and sinking in gentle undulations into each other. Such, too, is the nature of the rocky shore of every fjord; the smoothed surface growing gradually rougher, indeed, as we trace it upward from the sea-level, yet continuing to show itself, until at a height of many hundred feet it merges into the broken, scarped outlines of the higher mountain-sides and summits.²

¹ See a fuller statement of this subject in *Scenery of Scotland*, pp. 125-137.

² The singularly ice-worn aspect of the Norwegian coast, as well as its strong resemblance to the west coast of Scotland, was succinctly described by Principal Forbes, *Norway and its Glaciers*, p. 42 *et seq.*