

is visible in sheltered bays along the storm-swept coasts of Forfar, Kincardine, and Aberdeen. In the less exposed parts of the Moray Firth it may be traced, and westwards round most of the northern firths it runs as a conspicuous feature. On the Atlantic side of the island, its low green platform borders both sides of the Firth of Clyde, fringes the islands, runs up the river beyond Glasgow, and winds southwards along the coast of Ayrshire and Wigton into the Irish Channel.

There are traces here and there of still younger terraces. These are perhaps best seen along the coast of Argyllshire between Toward Point and the mouth of Loch Striven. But they evidently indicate a much shorter pause of the sea at their respective levels. When the land in its upward movement had reached the line of the twenty-five feet beach, it must have remained there for a long time ; so long that it was able to cut a notch in the sandstones and other shore rocks, to pierce them with caves and gullies, to wear them down into stacks and skerries, and to strew over the terrace a level sheet of shingle, gravel, or sand. Few geological changes of the minor kind have been more serviceable to man than this prolonged rest of the sea at the line of the twenty-five feet terrace, and the subsequent elevation of the marine platform into land. It has given him an invaluable site for his maritime towns and villages. Along many a coast-line, where, before the elevation, the ground shelved down in a cliff or steep bank to the sea, he now finds ready to his hand a firm level terrace, bounded by the former cliff on the one side, and by the present sea-beach on the other. Leith, Burntisland, Dundee, Arbroath, Cromarty, Rothesay, Greenock, Ardrossan, Ayr, and other towns on the coast stand, either wholly or in part, on this terrace. Indeed, it is in no small degree owing to the facilities