are the Sea Plantain (*Plantago maritima*), Sea Lavender (*Statice Limonium*), Sea Pink (*Armeria maritima*), Sea Purslane (*Obione portulacoides*), Sea Aster (*Aster Tripolium*), and Sea Spurrey (*Spergularia media*).

High marsh is traversed by numerous creeks or channels, by means of which the tide gains access to and drains off the marsh. There are usually one or more principal creeks and numerous subsidiary ones into which these branch. The tributaries get shallower and shallower till they die out on the marsh surface. On many salt marshes they end in low, wide depressions termed "pans". These pans are apt to be bare of vegetation and usually retain sea water after the tide has run off. The beds of the creeks are bare of vegetation except where the sides have caved and fallen in. The system of creeks is the circulatory system of the marsh, and provides not only for the movement of water but also of silt. Much silt is transported by the creeks, and when they overflow the silt is carried on to the surface of the marsh, where it is fixed by the vegetation. High marsh on the side towards the main channel of the estuary generally ends abruptly in a low cliff 2–3 feet high. This cliff, like the sides of the smaller creeks, is liable to erosion.

Where high marsh adjoins the mainland the ground rises slightly, and is usually characterized by the presence of dense tufts of the Sea Rush (*Juncus maritimus*), with which the low-growing Sea Milkwort (*Glaux maritima*) is often associated. This peripheral zone, termed the Juncus zone, is covered by the higher spring tides only. Its chief interest, in relation to the economic exploitation of salt marshes, depends on the fact that the rush being a most obstinate and deep-rooted plant, it has to be specially grubbed up in marsh reclamation, otherwise it may persist for half a century or more, to the great detriment of the grazing value of the area it occupies.

Low marsh is covered by every tide; its lower stretches consist of bare mud, whilst the higher parts are colonized by pioneer flowering plants, of which the most characteristic are several annual species of Marsh Samphire (*Salicornia annua*, *S. ramosissima*), at once recognized by their cylindrical, leafless stems, recalling in habit a small, smooth cactus (fig. 40). These