

for its chief place, and opposite the Egda-folk, Ranrice; at the extremity of which, upon the Goth's river, was an old border trysting-place of the Scandinavian kings. These are the lands that border *the Wick*, east and west.

North of the Sogn firth come the Feles (Fialar) and Firths, but past Cape Start, where the land turns and runs north-east, we come to the northern land of the REAMS, North and South Mere and Reamsdale, stretching up over two degrees of latitude. Through North Mere pierces the great inland sea of the Throwends, with its numerous creeks and headlands, such as Agda-ness, Nith's oyce or Nidaros, Frosta the moot-stead of the Throwends, each notable from some event in Norwegian history. Down to this great loch slope many deep and long dales, Orca-dale, Gaula-dale, and others, from the upland hill-country east and south.

North of Throwend-ham or Thron-d-heim lies Neam-dale with its coast station, Hrafnista, and, north of that, Haloga-land's barren five degrees of latitude stretch along by the sea, north-east, ending in West-firth and the great islands that head the Skerry, islands only visited by Finnish fowlers, fishers or huntsmen in those far-off days.

Such being the land, what manner of men dwelt therein at the end of the eighth and the ninth century? All the evidence we have points one way, that along the west coast there were growing up vigorous fishing and coasting trades (those true nurseries for seamen here as elsewhere, for example in Hellas and England).