PHOTO 37. Spits and bars, Gaetz Head, near Halifax, Nova Scotia, Canada. Modern sea-level rise on a morainal coast produces a scenic and recreationally valuable complex of bluffs lined by gravel beaches. Atlantic swells roll over the low-lying shore and erode the till, releasing cobbles that buffer the transgressions. Plumes of red mud settle in basins. In this way 30 to 50 m of till are eroded by the transgressions which here measure several meters per year and have progressed 35 km in 10³ years; the Bruun Rule thus appears valid. In the process lagoonal and paludal sediments are overridden and reappear as compressed ridges in the sublittoral zone where radiocarbon dates provide a proxy record of recession. (Douglas R. Grant, Geological Survey of Canada, 601 Booth Street, Ottawa Canada).