

The fully developed individuals of *Metridium* are usually found in places where there is a strong current.

Off the coasts of Scandinavia the sandy bottom of the low-tide area is not so extensive as along other coasts of the North Sea, but it is interesting to note that the fauna inhabiting this region is much the same everywhere, and that burrowing forms predominate. There is first the sandgaper (*Mya*

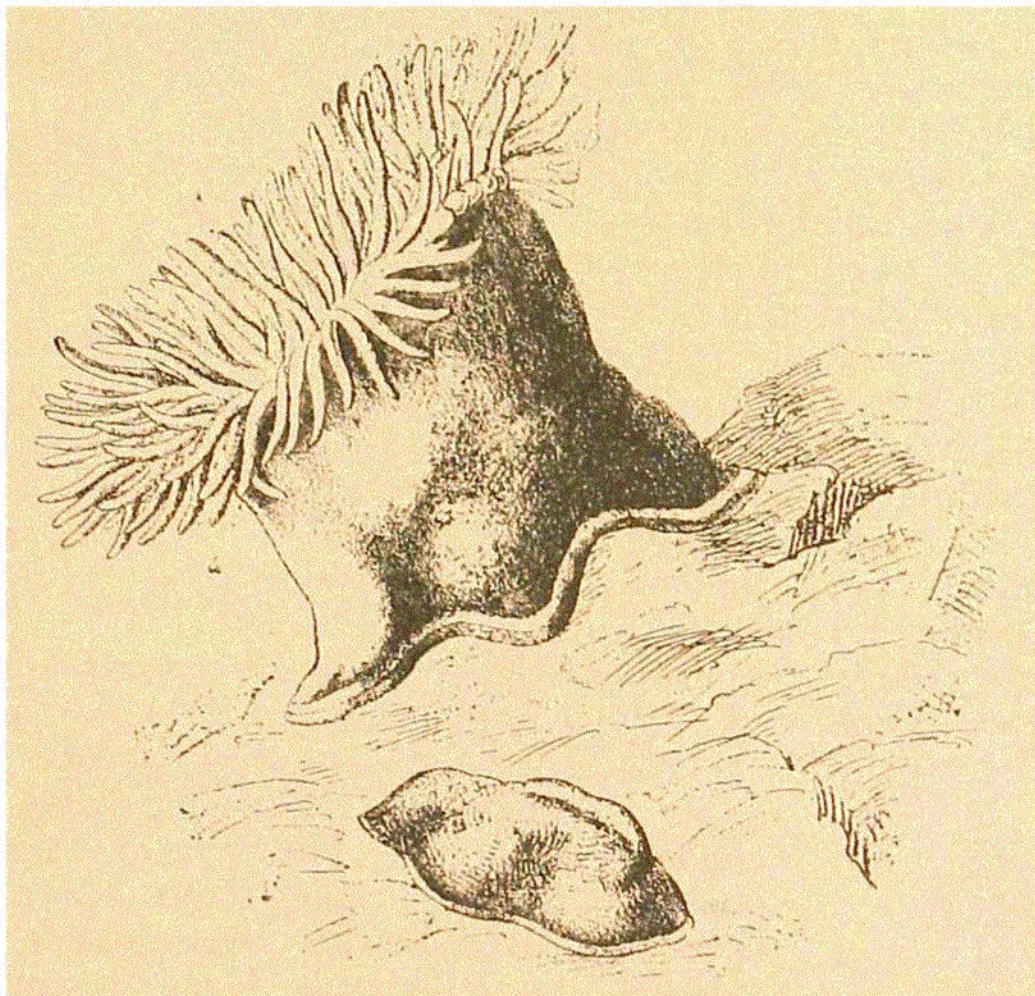


FIG. 322.
Actinia equina, L.

arenaria), and then the cockle (*Cardium edule*, see Fig. 324), and also different species of *Tapes*, though these are not so universally distributed. The lugworm (*Arenicola piscatorum*, see Fig. 325) is another burrowing form, and its presence can easily be detected by little heaps of string-like excrements.

In addition to these forms, which are adapted for life in the low-tide area at those parts of the coast where the ebb-tide recedes a long way, we also get the common shore crab (*Carcinus mænas*), often to be found under fucus that has been left exposed. This is the case also with the common starfish (*Asterias rubens*), and occasionally, too, with the common