



Painted by John Atkinson

## Shell guide to ESSEX



Water is front, even in the hinterland. That is the pattern of Essex. Gentlelands slope very gently to estuaries, meadows, saltings, and white weather-boarded mills where the wheat was grown, in this richly fertile country of low and lazy moats shading off into the North Sea. The East Saxons, or "East Saxes"—hence the name Essex—created that sea with their wives and children and cattle and grain about 1,000 years ago. On now crosses the sea to Shell Haven. Objects in the foreground tell of more ancient history: of the British, then the Romans at Camulodunum or Colchester. Here are coins (1) of King Cunobelinus or Cymbeline, minted at Camulodunum, which he made the chief city of all Britain in the years before the Roman invasion of A.D. 43. Here, too, is a pig (2) from a child's hoard of A.D. 45-50. Also a crystal of sea-salt (3) as symbol of the most ancient industry of Essex, the making of salt by pouring sea-water over hot earthenware bars. This industry of King Cymbeline's era has left curious "Red Hills" or barish mounds of red sand (sometimes greenish) debris on the coastal farm lands, particularly along the Blackwater Estuary. From the new city which the Romans called Colonia Victricensis, came this carving of a sphinx (4). The East Saxons renamed the Roman city "Colnecestre", the "Roman city on the Colne". Even in Roman times the Colne had both famous for oysters. The Silver Oyster (5) in the picture belongs to Colchester Corporation, and was made as the official standard of the size the Colne oysters must reach before they are gathered. Nearby are two wild flowers of the Essex saltings, Sea Lavender (6) and Sea Aster (7). Inland the clays of Essex are celebrated for hornbeams (8) (pollarded hornbeams are characteristic of Epping Forest, from the glades of which the poet John Clare used to see London "like a church among the hills") and for the true Osip (9) of woods and coopers, which is rather larger and more pallid than the Cowslip. Notice on the right the bedstraws (10), which are common above the roofs of some of the older houses along the Essex coast.

The "Shell Guide to Wild Life", a monthly series depicting animals and plants in their natural surroundings, which gave pleasure to so many people, is published in book form by Phoenix House Ltd at 7/6. The "Shell Guide to Trees" and "Shell Guide to Flowers of the Countryside" are also available at 7/6 each. On sale at bookshops and bookstalls.

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# Essex A Shell Guide

**James Albert Garland**



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