

I N D E X

<i>Preface</i>	<i>XIII</i>
<i>The struggle for the Sea</i>	<i>1</i>
<i>Poland on the Baltic</i>	<i>11</i>
<i>The Polish Sea Coast</i>	<i>25</i>
<i>Polish Sea Ports</i>	<i>37</i>
<i>The Polish Navy</i>	<i>64</i>
<i>The Polish Mercantile Marine</i>	<i>102</i>
<i>The Inhabitants of Pomerania</i>	<i>123</i>
<i>The Sea in Polish Art</i>	<i>135</i>
<i>Fauna and Flora</i>	<i>141</i>
<i>Polish Overseas Trade</i>	<i>153</i>
<i>Polish Sea Fisheries</i>	<i>168</i>
<i>Research Stations</i>	<i>181</i>
<i>The Sea and Colonial League</i>	<i>189</i>
<i>Polish Sea Sports</i>	<i>201</i>
<i>The Beaches and the Sea Bathing</i>	<i>224</i>
<i>List of Photographers and Photo Owners</i>	<i>234</i>