What is it?
The Selection button toggles the selection of a track.

How to use it
If the option key is held down, the track is hidden.   Click on it again to show the track.   If the control
key is held down, all of the tracks are selected.

Notes
You can also toggle the selection of a track by holding down the Option key and clicking on a track.

You can also hide tracks with the "Hide" command in the Tracks menu.