HEALTH RESORTS AND

degrees of latitude from the south-west to the north-east, and at no point having a height much exceeding 1,000 feet above the sea. The whole province forms little more than a low-lying extension of the Alleghanies of the American mainland, whose granites and metamorphic rocks as a backbone, with a rim here and there of limestone and on the Fundy shore of red sandstone, give to the sea-shore a series of innumerable inlets, fiords and bays, which make it the most perfect yachting ground in all America. St. Mary's Bay, and inside Digby Neck, near the entrance to the Bay of Fundy, to the fiords of Cape Breton, forming a series of arms to the sea of marvellous beauty, known as the Bras d'Or Lakes, or "Arms of Gold," every coast-line, and indeed the whole interior of the narrow peninsula, presents an ever-varying panorama of mingled land and sea pictures, which are surely

CLIMATE OF NOVA SCOTIA.

enough to tempt the most fastidious connoisseur of TOPOGRAPHY AND landscape and climate. Alternate smiles and tears might be expected to prevail in a country so exposed to changing influences of wind and temperature. While the winters are necessarily damp and cold and

the spring late, owing to the cold currents from the north-east, there is without doubt no part of all America where the climate from June to November presents the same infinite charms of soft airs blowing over land and sea, with a sky overhead whose blue is visible through an atmosphere of great clearness and purity.

Connected with Nova Scotia by a narrow isthmus, New Brunswick, lying to the north-west, stretches from the Bay of Fundy on the south in 45° N. Lat., to the Baie des Chaleurs in 48° N. Lat., on the north. Extending east and west for three degrees, this province geologically forms the side of the Laurentide basin of Nova Scotia, and includes a wedge-shaped territory, with its apex south-westerly, and formed of a carboniferous series

TOPOGRAPHY OF

of limestone formations containing some of the most marvellous bituminous coal beds in the world. The Joggins seams, with their carbonized tree trunks, are NEW BRUNSWICK, the geologist's delight, and the marvel of the uninitiated; metamorphic ridges crop up here and there

along the Bay of Fundy, while others in the west run north-easterly, following the general trend of the Appalachians. The country while therefore rough and hilly in some portions, nevertheless does not rise anywhere higher than 1,500 feet above the sea-level. The whole east coast is exposed to the force of the cold north-east winds from the Gulf of St. Lawrence, but the province as a whole lies inland. The soils over the great carboniferous area have been heavily wooded and fertile, while the alluvial bottoms along the rivers are most productive.

Running centrally towards the south, where it empties its cold northern waters into the Bay of Fundy, the St. John river extends north-westerly for a length of 500 miles, forming the north-easterly boundary between the province and Maine, and taking its origin in the chain of small lakes in the Appalachian range in the height of land, whose northern streams flow into the St. Lawrence. In the upper portion of the river the stream runs between high rocky banks to the Grand Falls. Terraces of river gravels rise in many places towards these hills and tell here, as everywhere, the old glacial story of prehistoric Canada. For scenic beauty, certainly nothing can easily surpass the river journey from Fredericton, the political capital, to St. John, the commercial capital of the province. The broad stream flows with increasing swiftness towards its mouth until it finds itself suddenly checked some distance above the city by the wonderful natural phenomenon where the river, passing through two perpendicular cliffs 300 feet apart, descends, when the tide is out,

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