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sided and flat-bottomed. In almost all of these the river breaks into rapids, and occasionally plunges over a low fall (Plate VIII). In parts of the lower course of the Trent there are two rock terraces, one a small rock-cut bench, the other due to the removal of the drift debris from the old rock surface. There is reason to think that in parts of the course there are remnants of yet higher terraces upon the drift, but they are not conspicuous topographic features (Plate III, fig. 2, p. 171).

The relations of all of these terraces to the Pleistocene lake levels and to the former water supply are interesting problems which have not been considered. The present valleys are inappropriate in size and form to the present streams in flood.

Parts of the present valleys of these streams and their tributaries, and the valleys of all streams east of the Moira, are rock-valleys, not of recent origin, and have already been described under the caption "Eastern Rock-Valleys."

Along Lake Ontario the waves have cut benches and sea cliffs in the drift deposits. The longshore action is distributing the material, thus derived, east and west from the vicinity of Whitby, forming bars. spits and hooks. Towards the west the most important of these are Toronto Island and Burlington Beach. Towards the east, from Presqu' Isle neck to Point Peter, there are a great many bars blocking the ends of partly submerged rock valleys, and forming large and small lakes. Back from some of these bars, small sand-dune belts have formed.