



*Gaultois on the south coast clings to a narrow shelf of rock backed by the high steep cliffs found along this part of the coast.*

Tornat Mountains, a lofty range the summits of which rise to over 5,000 feet. The coast line, bold and rugged, has promontories rising up to 3,000 feet directly from the sea. Many of the river valleys are heavily forested but no survey has yet been carried out to estimate the extent and value of the timber stands. The rivers are a potential source of wealth, having many falls suitable for the development of hydro-electric power. The greatest of these is Grand Falls on the Hamilton River, about twice as high as Niagara Falls.

The continental shelf that extends seaward off the coast of Nova Scotia, Newfoundland and Labrador is the world's most extensive fishing ground. Its outer edge lies 120 to 270 miles east of Newfoundland, and off the coast of Labrador it reaches a width of 150 miles at Belle Isle and approximately 50 miles at Cape Chidley. The edge of the shelf varies in depth from 100 to 200 fathoms before plunging to the abysmal depths of the ocean floor. Its surface is composed of submerged uplands and lowlands, cut by deep, irregular valleys.

Cold waters from Hudson Bay and Davis Strait flow south as the Labrador Current over the submerged shelf and, mixing with the warmer water moving northward from the Gulf Stream, provide a favourable environment for microscopic life or plankton. The plankton provides food for small crustaceans upon which the