

North Atlantic fisheries for centuries. Other species of groundfish include flounder and sole, haddock, halibut and hake as well as shellfish. Also important commercially are herring, lobster, scallops and tuna. The fisheries, however, are resources that must be managed wisely to protect fish stocks.

Halifax, the capital of Nova Scotia and the fastest-growing urban area in the Atlantic region, is also the chief seaport there. Built on a small peninsula and possessing an excellent harbour, Halifax is a long-established military and naval station with a population of approximately 296 000 in its metropolitan area, which includes Dartmouth.

Other principal cities of the region include the Newfoundland capital of St. John's (162 000); and Saint John (121 000), Fredericton (66 000) and Moncton (102 000), in New Brunswick. The P.E.I. capital, Charlottetown, has 16 000 residents.

