



Peggy's Cove on Nova Scotia's Atlantic shore.

coast, and fishing is the major industry; pulp and paper manufacture and mining are also important in the island's economy. Surveys of Labrador's iron ore deposits point to great future developments. The province's numerous rivers supply ample water-power, and the rugged beauty of the land, its well-stocked salmon rivers, and fine handicrafts offer many attractions to visitors.

The contour of the other three Atlantic provinces is determined by the northern extension of the Appalachian Mountains which juts up into Canada from the United States. The land is hilly, marked with low ridges and valleys, and not uniformly fertile except in Prince Edward Island, which has an area of 2,184 square miles (5,656 square kilometers). Because of the importance of agriculture to the island, it is sometimes known as the "Garden Province"; but the resources of the sea have been utilized as well, and the lobster industry especially is a flourishing one.

More than half of Nova Scotia's 21,068 square miles (54,564 square kilometers) is suitable for agriculture, and the apples of the Annapolis Valley in the southwestern part of the province are widely known.

New Brunswick is the eighth largest province, with an area of 27,985 square miles (72,480 square kilometers) but since more than 22,000 square miles of this is forest land, the province stands fourth in the value of its forest products. This wooded land is watered by rivers abounding in salmon, a fact which enhances New Brunswick's attractiveness to sportsmen and tourists.

The climate of the maritime region is dominated by two ocean

currents—the cold Labrador Current carrying icebergs out of the Arctic and the warm Gulf Stream flowing north from the Gulf of Mexico. Meeting off the Gulf of St. Lawrence, these ocean currents produce heavy winter fogs. The Labrador Current keeps the northern coastal waters ideally cool for fish and also provides an abundant food supply for them. The warm Gulf Stream produces favourable conditions for the cultivation of mixed farming and apple-growing in the southern part of the region.

Projecting off the eastern coast is one of the largest continental shelves in the world—a vast area of shallow waters part of which is known as the Grand Banks. Cod, halibut, herring, salmon, mackerel and lobster abound on these rich fishing banks.

The most important minerals in the region are Newfoundland's iron and Nova Scotia's coal. Extending out for miles under the sea from the rocky coast of Cape Breton Island are the coal seams of the Glace Bay region. Other fields are found in the regions of New Glasgow and Springhill on the mainland.

There are five excellent harbours on Canada's Atlantic Coast: Halifax, Saint John, Sydney and North Sydney on Cape Breton Island, and St. John's, Newfoundland. These are open the year around, whereas the St. Lawrence ports are icebound in winter.

A potato farm in the Upper Saint John Valley, New Brunswick.

