



A farm in the Ottawa Valley, Ontario.

dense population lie within 200 miles (322 kilometers) of the southern border.

Politically, Canada is divided into ten provinces and two territories. These (with their capitals) may be grouped as follows:

The Maritime Provinces, on the Atlantic seaboard: Nova Scotia (Halifax), New Brunswick (Fredericton), Prince Edward Island (Charlottetown), and Newfoundland (St. John's).

The Central Provinces, extending northward from the Great Lakes basin: Quebec (Quebec City) and Ontario (Toronto).

The Prairie Provinces, spanning the western prairies: Manitoba (Winnipeg), Saskatchewan (Regina), and Alberta (Edmonton).

British Columbia (Victoria), a province which includes the entire Pacific seaboard, almost the whole of the Western mountain system, and the islands along the coast.

The Yukon and Northwest Territories north of the provinces. But the land falls naturally into seven geographical areas: the Maritime Region, the St. Lawrence Lowlands, the Precambrian Shield, the Great Central Plain, the mountainous Cordilleran Region along the Pacific Coast, the Arctic Archipelago, and the Hudson Bay Lowland.

Canada's four most easterly provinces—Nova Scotia, New Brunswick, Prince Edward Island and Newfoundland—have in common a population largely of British Isles stock and a climate and economy significantly affected by the Atlantic Ocean.

Newfoundland lies across the Gulf of St. Lawrence and is the most easterly part of Canada; the area of the island is 42,700 square miles. That part of the province known as Labrador, an area of 110,000 square miles, is on the mainland to the northeast of the province of Quebec. The total area of the province is therefore 152,700 square miles (395,493 square kilometers).

The climate of Newfoundland is moist and cool with no extremes of temperature, and the harbour of St. John's is open to shipping throughout the winter. The people live mostly on the

## The Maritime Region

Pouch Cove, Newfoundland.

