



*Shell Bird Island on the Humber River. Famous for its salmon fishing, the Humber flows through the steep wooded cliffs of the Humber Gorge.*

from its highest elevations in the Southern Long Range overlooking St. George's Bay and Grand Lake. The plateau has an average height of about 1,000 feet, but above this general level rise a number of small peaks and low ranges of hills such as the Annieopsquotch Mountains. The surface is barren and rocky, with innumerable lakes and bogs, and many rivers which wander aimlessly across it in broad, shallow valleys.

The plateau falls steeply to the sea by cliffs from 300 to 500 feet in height. The cliffs are steepest and highest along the bleak south coast of the Island. The east coast is characterized by numerous deep fiords and bays which provide excellent anchorage, and by many islands, peninsulas, and drowned valleys, typical of a submerged coast line.

The seas surrounding Newfoundland are shallow and are noted for the banks that form part of the continental shelf, a submerged upland joining the North American littoral and originally part of the mainland.

The region of Labrador forms part of the Canadian Shield and is a great plateau of from 1,000 to 3,000 feet in height. The surface is undulating, with low ridges rising some 500 feet above the general level, and forms a barren mosaic of bare rocks, swamp and innumerable lakes. In the extreme north the plateau is dominated by the