



Rocky Mountains.

two ranges—the Rocky Mountains in the east and the Coast Range in the west. The Rocky Mountains stretch almost continuously from a little south of the boundary to the Arctic Ocean, not far to the west of the Mackenzie delta. It is seldom more than sixty miles in width. Some peaks in the southern part of the range exceed 11,000 or 12,000 feet in height.

The Coast Range begins near the estuary of the Fraser River and runs northward with an average width of 100 miles for at least 900 miles. It is not, as a rule, as rugged in outline as the Rocky Mountains, but some of its peaks exceed 8000 or 9000 feet in height. Mount Logan in this range, over 19,000 feet high, is the highest peak in North America.

Included between these two main ranges is a plateau country whose average height is about 3500 feet above the sea. This plateau is broken by irregular ranges mostly parallel to the two main ranges. In what province is the greater part of this plateau?

The great central plain occupies the whole of Canada between the Rocky Mountains and the eastern edge of the Laurentian plateau. It has a width of 800 miles at the southern boundary but narrows northward and then expands again towards the Arctic Ocean where its width is about 300 miles. Its general slope is from the Rocky Mountains eastward and north-eastward towards the foot of the Laurentian highlands, its height above the sea level varying from 3000 feet at the west to 800 feet in the vicinity of Lake Winnipeg.

ORAL OR WRITTEN EXERCISES.

Draw a map of Canada, showing all the ranges described above, and in addition the Atlantic coast range in Nova Scotia

and the Cobequid Mountains. Under what name is the Coast Range of the Pacific known in the United States? What river drains the plateau of British Columbia? What highlands border the central plain in Canada? About what part of the width of Canada does the western plateau occupy? Between what highlands does the valley of the St. Lawrence lie?

23. Drainage.

Why is Canada well situated for foreign commerce? It is also well fitted for *domestic commerce*, or trade within the country. Steamers go from port to port along the sea coasts, the coasts of the great lakes, and along the rivers, especially the St. Lawrence. On the level surface of the great interior plain it is comparatively easy to build railroads.

The great lakes, Lake Winnipeg, and the lakes of the Mackenzie River, are all situated close to the outer edge of the Laurentian plateau, and in consequence the rivers flowing into these lakes from that side flow rapidly down their steep bed, in many cases, over rapids and falls. These falls and rapids are capable of furnishing power to machinery for use in manufacturing. Many of these streams, though not navigable for vessels, float immense quantities of lumber down them to sawmills, where it is cut up into boards, or to the larger rivers and lakes to be loaded on vessels for *export*, that is, to be carried out of the country.

Name the five great lakes. To what river system do they belong? This is one of the grandest rivers of the world. The immense volume of water contained in it, the beautiful scenery of its islands and tributaries, and its value for navigation make it one of the most important rivers of the world. Name five of its principal branches. Just after leaving Lake Ontario it flows among a large number of islands called The Thousand Islands. These are especially celebrated for their beauty and grandeur.

The inner slope of the great Laurentian highland is drained by numerous rivers into Hudson Bay. As no settlements have yet been made on the shores of this great inland sea, these rivers are not important commercially, and few, if any, of them are navigable.

The central plain is drained mainly by two great river systems—the Mackenzie and Nelson. The *Nelson* river, after receiving the waters of Lake Winnipeg, passes through a wide depression of the Laurentian highland and empties into Hudson Bay. This river has many rapids and falls in its course. The *Mackenzie* river receives the waters of many rivers and lakes and after a course of nearly 2000 miles empties into the Arctic Ocean by many months.