

tional boundary, and includes the Gaspé Peninsula. It contains mountains and plateaux. Agriculture, chiefly in the form of dairy farming, is confined mainly to the valleys, the uplands being forested.

The Canadian Shield covers four-fifths of the province, forming an arc around Hudson Bay. Its area is 470,000 square miles, most of which is rocky and covered with coniferous forest. Only 5 per cent of the area is arable, most of this land being in the clay-belt east of Lake Abitibi.

There are no areas of great altitude, though the Laurentians, a division of the Canadian Shield north of the St. Lawrence Valley, rise to 3,000 feet in the west and almost 5,500 feet in Labrador. South of the St. Lawrence, the extension of the Appalachians reaches a height of 3,000-4,000 feet. With its many lakes and rivers, the province has 71,000 square miles of water. The St. Lawrence River is a major inland waterway, and the life of the province is concentrated along its banks.

The climate is varied. In the north and northwestern parts of the province it is cold and stable; in the south it is more temperate but subject to sudden changes. Precipitation is nearly constant throughout the year, ranging from 40 inches or more in the St. Lawrence Valley to 15 inches in the north.

Mining is Quebec's most important primary industry. Many metals have been mined for several decades; recently, huge quantities of iron and titanium were found in Ungava. The Gaspé produces asbestos and copper.

Hydro-electric power ranks second as a primary resource; there is more installed and potential water-power than in any other province.

Quebec's forests provide 37 per cent of Canada's pulp and 43 per cent of its paper production.

Quebec is second only to Ontario in industrial development, with many thriving industries.

Agriculture is centred in the fertile St. Lawrence Valley. Its importance has declined in recent years with increased industrial development.

ONTARIO

Area: 412,582 square miles

Population: 7,283,000

Capital: Toronto

Northern Ontario lies within the Canadian Shield, and consists mainly of rocky forested country. There are patches of land suitable for cultivation, consisting of clay soil mixed with sand. A third of southern Ontario lies within the Shield; the rest of the region is underlain by limestone and shale, and the soil is of excellent arable quality. The highest elevation in the south is only 1,700 feet.

The climate is continental, with great variation in temperature. In the south, precipitation exceeds 35 inches a year; north of the Great Lakes it is about 26 inches.

Ontario has over 164,000 square miles of productive forest.

The province contains Canada's richest farm land and produces about a quarter of the country's net income from farming operations. Intensive mixed farming is carried on—dairying and livestock-raising, and the growing of tobacco and vegetables and fruits of all kinds.

Mining is of great significance. Most of Canada's nickel and platinum, and much of its gold, copper, cobalt, salt, sand and gravel are mined in Ontario.

The Great Lakes are a major source of freshwater fish.

Electric power has been a prime factor in the development of Ontario's extensive industrial complex, particularly in the regions bordering the St. Lawrence River and the Great Lakes.

Most of the conveniently located water power has been used and in recent years thermal power has become more important. It now accounts for 28 per cent of the province's installed generating capacity and includes Canada's first full-scale nuclear power station at Douglas Point.