

bracing air; the annual precipitation of moisture is only a fraction of that of the Coastal region.

The most important timber is the Douglas fir, abundant because of the mild climate and heavy rainfall of Vancouver Island and the lower mainland. It grows in dense stands and often attains a height of 300 feet and a diameter of 10 feet. There are also great stands of cedar, spruce, pine and hemlock.

All along the west coast the sea comes in to meet the mountains, with long narrow inlets extending into the precipitous shores. The length of this heavily indented coastline is nearly seven thousand miles. Off-shore the waters teem with halibut, herring and salmon. The most important commercial fish are the salmon which hatch in fresh water, live to maturity in the open sea, but return to their native streams inland to spawn. During the spawning season the Fraser and other coastal rivers gleam with the crowding salmon as they struggle upstream to lay their eggs.

The broad flats of the Fraser valley provide fertile soil for numerous dairy, truck, and poultry farms. In the dry lands of the interior plateau there is excellent range country.

### The Arctic Archipelago and the Hudson Bay Lowland

The Arctic Archipelago comprises the vast agglomeration of islands stretching from the Arctic Coast of the continent to the North Pole. To their area of more than 500,000 square miles (1,295,000 square kilometers) modern scientific methods of exploration and research are now beginning to be applied.

A team of huskies mashes across the land of little sticks.

The Hudson Bay Lowland is the seventh distinctive physiographic division of Canada. It is an 800 mile (1,284 kilometer) border of tidal inlet, swampland and forest on the west side of Hudson Bay, with a width of from 100 to 200 miles (161 to 322 kilometers); the gradient up from sea-level of these "barren lands" is scarcely perceptible.

Such, in brief outline, are the physical components of Canada's broad territory. Abundant and varied natural resources are found in every region. There are more than 500,000 square miles (1,295,000 square kilometers) of fertile land; great stands of timber in more than 1,000,000 square miles (2,590,000 square kilometers) of forest; extensive mineral deposits, including gold, radium and the world's greatest sources of nickel and asbestos; almost limitless supplies of hydro-electric power; about one third of the fresh water in the world; extensive marine and inland fisheries.

Apart from this material wealth which the land of Canada contains, its varied appearance is constantly interesting and appealing. The Canadian Rockies present glorious views of snow-capped peaks and glaciers, mountain lakes, deep valleys, and dense forests. Farther east unfold the broad expanses of the prairies and the forestlands and waters of the Lake of the Woods region. Still more imposing is the grandeur of the Great Lakes; in their eastern reaches appear the green and rock-set islands of Georgian Bay and the Upper St. Lawrence. Then the rolling,

### The Spirit of the Land

