

whose high-mounting, foaming "bore," or tidal wave, sweeps irresistibly shoreward, making the smallest creeks to fill like turbulent rivers, but met and baffled along the low-lying shore by the "dykes" which were first reared by the Norman peasants three centuries ago, reclaiming the rich marsh land from the salt tide, and only here and there permitting the fertilising ocean to trickle in at certain seasons to reinvigorate the soil. Here is situated, too, that "hundred miles of apple-blossoms," otherwise known as the Annapolis Valley, sheltered between the North and South Mountains, and also the famous marshes of Tantramar.

At the other and eastern end of this peninsula stands Cape Breton Island, a province in itself, cut off by the Strait of Causo, one of the most picturesque of regions, itself reversing, as has been said, the definition of an island, inasmuch as it is land surrounding a body of water. That golden arm of the sea—the Bras d'Or lakes—nearly divides the land into two halves—both rich in the natural diversifications of hill and dale, crag and fell, forest and moor, and many streams and islets.

Everywhere are the shores indented, often to the extent of several miles, with harbours, rivers, coves, and bays, usually connecting with the interior waters. The loftiest cliffs, about 500 feet high, lie on the coast between Mahone and Margaret's Bay, and is generally the first land descried by voyagers from Europe or the West Indies. From the summit of Ardoise Hill, between Halifax and Windsor, which is 700 feet high, one may command a prospect of Windsor, Falmouth, Newport, Wolfville, and the basin of Minas country. Further on to the west are the