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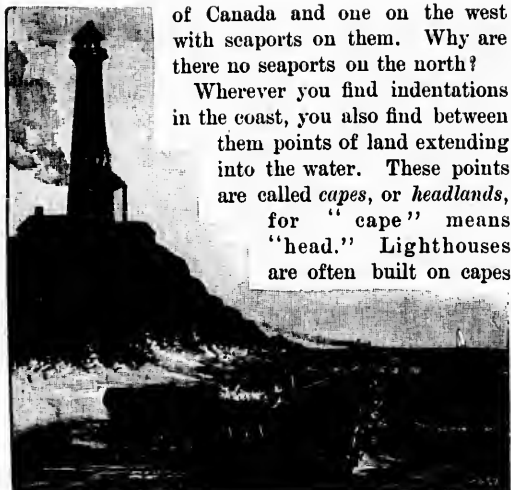
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A Lighthouse.

of Canada and one on the west
with seaports on them. Why are
there no seaports on the north?

Wherever you find indentations
in the coast, you also find between
them points of land extending
into the water. These points
are called *cap*es, or *headlands*,
for "*cape*" means
"*head*." Lighthouses
are often built on capes

This plateau in ancient times was very much higher,
but wind and rain and rivers have worn it down in
the course of long ages and the parts worn off have
been carried down to form the lower and generally
fertile lands adjoining the plateau.

At later periods, the movements of the earth's
crust have thrown up against this plateau and
parallel to its main outlines the now higher ranges
of the Appalachian and Rocky Mountain or Cordil-
leran systems. Between the two latter systems lies
the great central plain of North America. Its north-
ern extension in Canada lies between the western
edge of the Laurentian highlands and the Cordilleran
system. Between the eastern edge of the Laurentian
plateau and the Appalachian range lies the valley of
the St. Lawrence and the Great Lakes.

The continuation of the Appalachian system in
Canada is called the *Notre Dame Mountains*. This
range approaches the St. Lawrence just below Quebec
and thence continues parallel to that river and its

to warn sailors at night not to sail their ships against
the shore, and so wreck them. What cape is south
of Nova Scotia?

ORAL OR WRITTEN EXERCISES.

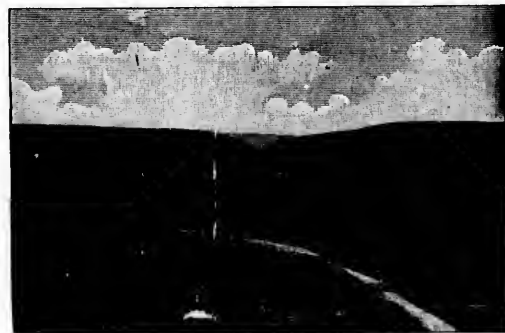
Sketch North America; show where the Tropic of Cancer
and the Arctic Circle cross it; show Canada on the map.
Name the most western province, and also the most eastern
one. What provinces and what district touch Quebec? What
part of Canada was settled first? By whom? Who were the
United Empire Loyalists? Where did they settle? How was
British Columbia first settled? What province is surrounded
by water? What province is nearly surrounded by water?
Which of the districts consists mostly of islands? What
divisions of Canada are crossed by the Arctic Circle? What
country borders Canada on the south? What borders it on
the north-west?

22. Relief.

What peninsula is between Hudson Bay and the
Gulf of St. Lawrence?

If an immense knife were to cut our country
across in any direction, the upper edge of the cut
would be called the *relief* of the country in the
direction of the cut.

Surrounding Hudson Bay is an extensive but low
plateau of hard crystalline rock in the shape of a
horse-shoe. Spreading widely in the Labrador pen-
insula, this rocky plateau runs with narrower width
round the southern extremity of the bay, and thence
continues north-westward to the Arctic Ocean. The
highest parts of this plateau are generally about
1500 feet above sea level, except on the coast of
Labrador where they reach from 3000 to 6000 feet.



Appalachian Mountains.

great *estuary*, or wide mouth, to the end of the
peninsula of Gaspé. Between what two indentations
is that peninsula found? These mountains are mostly
from 1000 to 1500 feet in height, rising towards
the terminus in Gaspé to about 3000 feet. Nearly
parallel to this main range are two broken ranges in
New Brunswick. The peninsula of Nova Scotia,
though lying at a considerable distance from the
main line, may also be regarded as a member of the
Appalachian system of uplifts with which it is
parallel.

The Cordillera of the Pacific comprises a region of
about 400 miles in width from the Great Plains to
the ocean and is about 1300 miles in length from
the northern boundary of the United States to the
Arctic Ocean. This system consists in the main of