



productive activities extend far northward, all areas of dense population lie within 200 miles of the southern border.

Politically, Canada is divided into nine provinces and two territories. These (with their capitals) may be grouped as follows.

The Maritime Provinces, on the Atlantic seaboard:—Nova Scotia (Halifax), New Brunswick (Fredericton) and Prince Edward Island (Charlottetown).

The Central Provinces, extending northward from the Great Lakes basin:—Quebec (Quebec) and Ontario (Toronto).

The Prairie Provinces, spanning the western prairies:—Manitoba (Winnipeg), Saskatchewan (Regina) and Alberta (Edmonton).

British Columbia (Victoria), a single province including the entire Pacific seaboard, almost the whole of the Western mountain system and the islands along the coast.

North of the provinces are the Yukon and Northwest Territories.

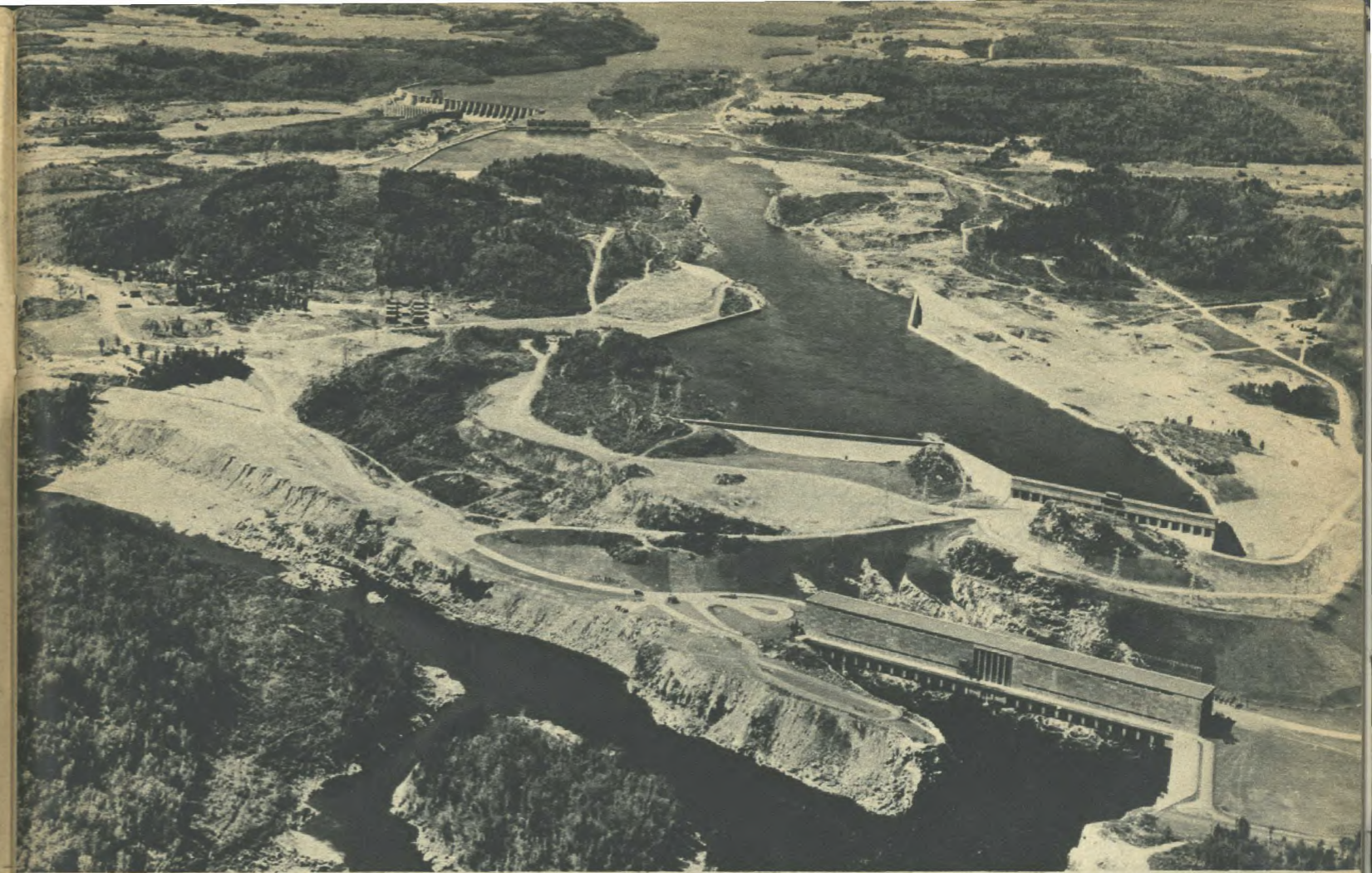
But the land falls naturally into five geographical areas: the Maritime Region, the St. Lawrence Lowlands, the Precambrian Shield, the Great Central Plain and the Mountain Region along the Pacific Coast.

#### THE MARITIME REGION

The contour of Canada's three provinces on the Atlantic is determined by the northern extension of the Appalachian mountains which jut up into Canada from the United States. The land is hilly, marked with low ridges and valleys, not uniformly fertile except in Prince Edward Island.

The climate of the region is dominated by two ocean currents—the cold Labrador Current carrying icebergs out of the Arctic and the warm Gulf Stream flowing north from the Gulf of Mexico. Meeting off the Gulf of St. Lawrence, these produce heavy winter fogs. The Labrador Current keeps the coastal waters ideally cool for the fisheries and also provides an abundant food supply. The warm Gulf Stream produces favorable conditions for the cultivation of mixed farming and apple-growing.

Projecting off the eastern coast is one of the largest continental shelves in the world—a vast area of shallow waters. Cod, halibut, herring, salmon, mackerel and lobster abound on these rich fishing banks.



Power dams harness the Saguenay River in rugged Precambrian Shield.

The most important mineral in the region is Nova Scotia's coal. Extending out for miles under the sea from the rocky coast of Cape Breton Island are the coal seams of Sydney. Other fields are found in the region of New Glasgow on the northern shore of the mainland.

Halifax, Saint John and Sydney have excellent harbours open the year round—unlike the St. Lawrence ports which are icebound in winter.

#### THE ST. LAWRENCE LOWLANDS

The St. Lawrence River, draining the five Great Lakes, provides a great natural waterway leading into the heart of the continent. There is deep water navigation 600 miles inland to the port of Montreal. The river and the lower lakes are flanked by the region known as the St. Lawrence Lowlands, which extends in Canada westward from the city of Quebec to Lake Huron and Georgian Bay, including the triangle of southern Ontario lying north of the lakes to the Ottawa Valley.

This region of southern Quebec and Ontario consists of a gently sloping plain of highly fertile land. The climate is moderate owing to the influence of the Great Lakes. In the southern portion it is warm enough for the cultivation of such crops as peaches, tobacco, apricots and grapes.

Between Montreal and the entrance to Lake Ontario at Kingston the great rapids of the St. Lawrence, which constitute a spectacular barrier to inland shipping, have been by-passed by locks and canals. The broad Niagara Falls—a drop of 160 feet between Lake Erie and Lake Ontario—have been overcome for shipping by the Welland Canal.

