

larger species feed, and these in turn provide food for the commercial fishes. The more important of these are cod, seal, herring, whale, salmon and lobster. For Labrador, the fisheries are still the most valuable resource and cod fishing is now carried on along the entire Atlantic Coast. As in Newfoundland the importance of the industry is emphasized by the small scattered settlements that hug the shores of bays and fiords.

The dependence of Newfoundland upon the sea was strikingly expressed by J. D. Rogers* about 40 years ago:—

Newfoundland from within reveals only a fraction of its nature. Its heart is on its outside; there its pulse beats, and whatever is alive inside its exoskeleton is alive by accident. The sea clothes the island as with a garment, and that garment contains the vital principle and soul of the national life of Newfoundland.

The Rocks.—The most ancient rocks are Precambrian and are found throughout Labrador, in the Long Range Mountains to the west of the Island, in parts of the interior, and underlying the Avalon Peninsula and part of the east coast. The Long Range Mountains are built of resistant granites, mica schists and gneisses and form the high western edge of the plateau overlooking the Gulf of St. Lawrence. The rocks of the Avalon Peninsula are quite different and include basic igneous rocks, underlying slates, sandstones and conglomerates. The Precambrian rocks may contain valuable minerals, but whether in sufficient quantity and concentration to warrant development it is impossible to say without extensive investigation.

The high plateau, stretching eastwards from the Long Range Mountains, is built of sedimentary rocks of Cambrian, Ordovician and Silurian age. Within these formations there are igneous intrusions, responsible for valuable mineral deposits such as the copper-lead-zinc ore mined at Buchans.

The most important mineral deposits developed to date are the Wabana iron ores at Bell Island in Conception Bay near St. John's. These occur in beds of red sandstone of Ordovician age. The most recent rocks are those of Carboniferous age and they occur on the south side of St. George's Bay and again between Deer Lake and White Bay. Coal is found here but so far it has not been found economic to mine it as the beds are folded and faulted.

The plateau of Labrador consists of ancient crystalline and igneous rocks and is also a potential source of many valuable minerals. Although the area has never been thoroughly surveyed, there is known to be a very large deposit of high-grade hematite iron ore near the headwaters of the Hamilton River, as well as deposits of ilmenite, copper, zinc, nickel, mica, graphite and pyrite.

Climate and Weather.—The climate of Newfoundland is marine in character but is less equable than that of Vancouver Island lying in the same latitude. The influence of the sea is modified by

* J. D. Rogers, "Newfoundland", *Historical Geography of the British Colonies*, Pt. IV, Vol. V, p. 190 (Oxford, 1910).