

Readily accessible hydro-electric power has been an important factor in the rapid industrialization of central Canada. Quebec possesses about one-third of the country's developed water power as well as a great deal of undeveloped potential. The huge James Bay project covers more than 355 000 km² of land and five large rivers. Once the project is completed, the province expects to have the necessary electricity to meet its energy needs into the next century. Ontario too is very reliant on hydro-electric power, but has also invested heavily in nuclear power, establishing plants at Pickering and one of the world's largest at the Bruce complex on Lake Huron.

Benefiting from these abundant power sources are southern manufacturing industries, which account for almost 75 per cent of all finished goods produced in Canada.

