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1. Montmorency Falls near Ile d'Orleans Bridge, Quebec

2. Tobacco farm near Delhi, Ontario

3. A new skyscraper rises over Montreal, Quebec, Canada's largest city

United States military advance on Canada in 1812, stands high on a column at Queenston Heights near Niagara Falls.

If the Lowlands tell the story of Canada's past, they also probably hold the key to its future. The country's largest cities, Montreal and Toronto, each with a population exceeding a million, lie in this area, as does Ottawa, the National Capital. The greater portion of the country's manufacturing industry is also located here. On certain sections of the

modern highway between Niagara Falls and Oshawa, Ontario, the factories and industrial plants stand side by side mile after mile. They make sweaters and buttons, tinned milk and whiskey, roller bearings and plastic table tops, automobiles and steel girders, aircraft and cheese—almost everything that Canadians eat, wear, use, drive, or make for export.

In the Lowlands are concentrated most of the main industrial and population resources of Canada's two largest provinces, Quebec and Ontario. Both these provinces are also enormously wealthy in natural resources, Quebec producing the largest volume of hydro-electric power in Canada and Ontario the largest amount of mineral wealth. Quebec mines 70 per cent of the world's asbestos; Ontario is the world's greatest source of nickel. Both are gold producers; both have huge pulp and paper industries. Ontario is responsible for half of Canada's manufacturing, Quebec for about one-third.

Beyond the factories and the booming cities and along the super-highways lies some of Canada's richest agricultural land. Although Quebec has become a highly industrialized province, almost a third of its male working force still follows the ancient farming tradition. And the great wedge of southern Ontario's Niagara Peninsula is still the nation's largest orchard, producing peaches, apples, pears, grapes, cherries, and plums (for a section of the peninsula is on the same latitude as northern California). Much of the land along the escarpment that fronts Lake Ontario, however, has now been given over to manufacturing, a change that has been accelerated by the construction of the St. Lawrence Seaway.

Asbestos mining, Thetford Mines, Quebec

