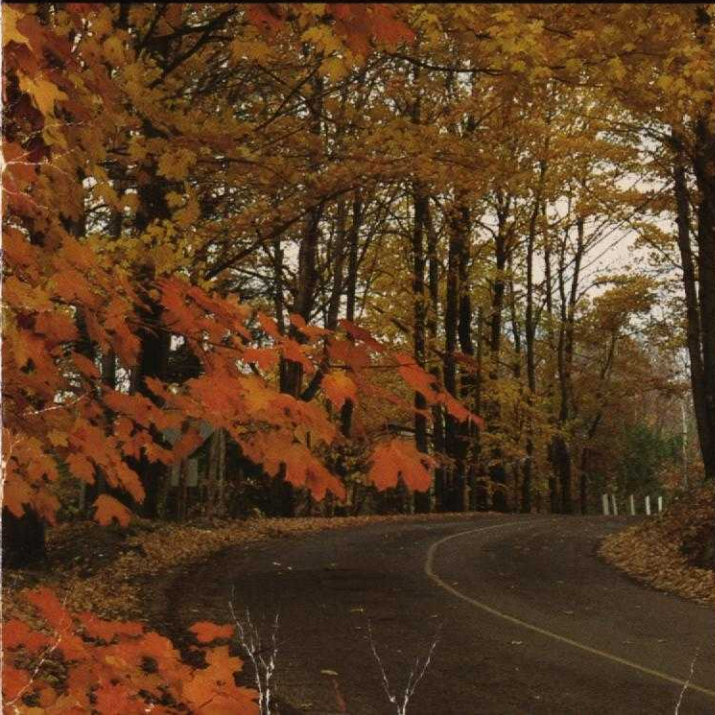


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Canada

THE REGIONS OF Canada



External Affairs - Affaires Étrangères
Canada

The North



The Pacific



The Prairies



Canada The North



The enormous expanse of Canada's Yukon and Northwest Territories makes up 3 862 199 square kilometres, or 40 per cent, of Canada's total area. With a breadth of 3 000 kilometres and a northwards extent to within 5° of the Pole, it is a vast and varied region.

In the far west, it includes North America's highest mountains, among them Canada's loftiest peak, 5 951-metre Mount Logan (Yukon). Climatic conditions here permit trees to grow as far north as the shores of the Beaufort Sea (Arctic Ocean). In the central region, the land is flat and the climate harsher, and barren tundra prevails. Among the high Arctic islands, summers are extremely short, and elevated areas are permanently covered by glaciers.

In almost half the entire area, the annual frost-free season does not exceed 60 days, and farming is virtually impossible. However, mineral re-

sources, including both metals and hydrocarbons, are abundant and represent a source of wealth that is only beginning to be tapped.

The North's population of 65 000 is sparse; there is only one person for every 60 square kilometres of land. Among the native Inuit and Indians, who make up about half the total inhabitants, hunting and trapping animals on both land and sea are ancient skills, furnishing not only food, but also clothing, shelter and many tools and utensils.

As modern technology has moved into this region in the wake of resource projects, life in the North has begun to change. Aircraft, icebreakers, snow-

mobiles and satellite communications are creating a new northern way of life—though efforts are also being made to preserve links with the culture that has sustained the people of the Arctic for thousands of years.

The European exploration of these regions began as a search for a north-west sea passage between Europe and the Far East. A series of English explorers probed the straits north and south of Baffin Island without success. It was not until the nineteenth century that a route was found, and even today, the passage is not considered commercially viable.

In 1670, a British charter granted sole trading rights in the entire Hudson Bay drainage basin (then called Rupert's Land) to the Hudson's Bay Company. The Northwest Territories were later added to this domain. They were first explored in 1789 by Mackenzie, who gave his name to the great river he followed to its mouth in the Arctic Ocean.

Shortly after Confederation (1867), this entire territory was acquired by Canada and portions of it were gradually added to the adjoining provinces during the ensuing 50 years.

For Europeans and southern Canadians, the harsh northern wilderness held little attraction until the lure of gold drew thousands of prospectors into the northwest at the end of the nineteenth century. Dreams of a golden bonanza soon faded, but enough settlers remained to establish a new northern economy, largely based on mining. Today, scattered communities produce copper, silver, gold, lead and zinc, as well as supporting extensive oil and gas explorations under some of the most severe climatic conditions on earth.

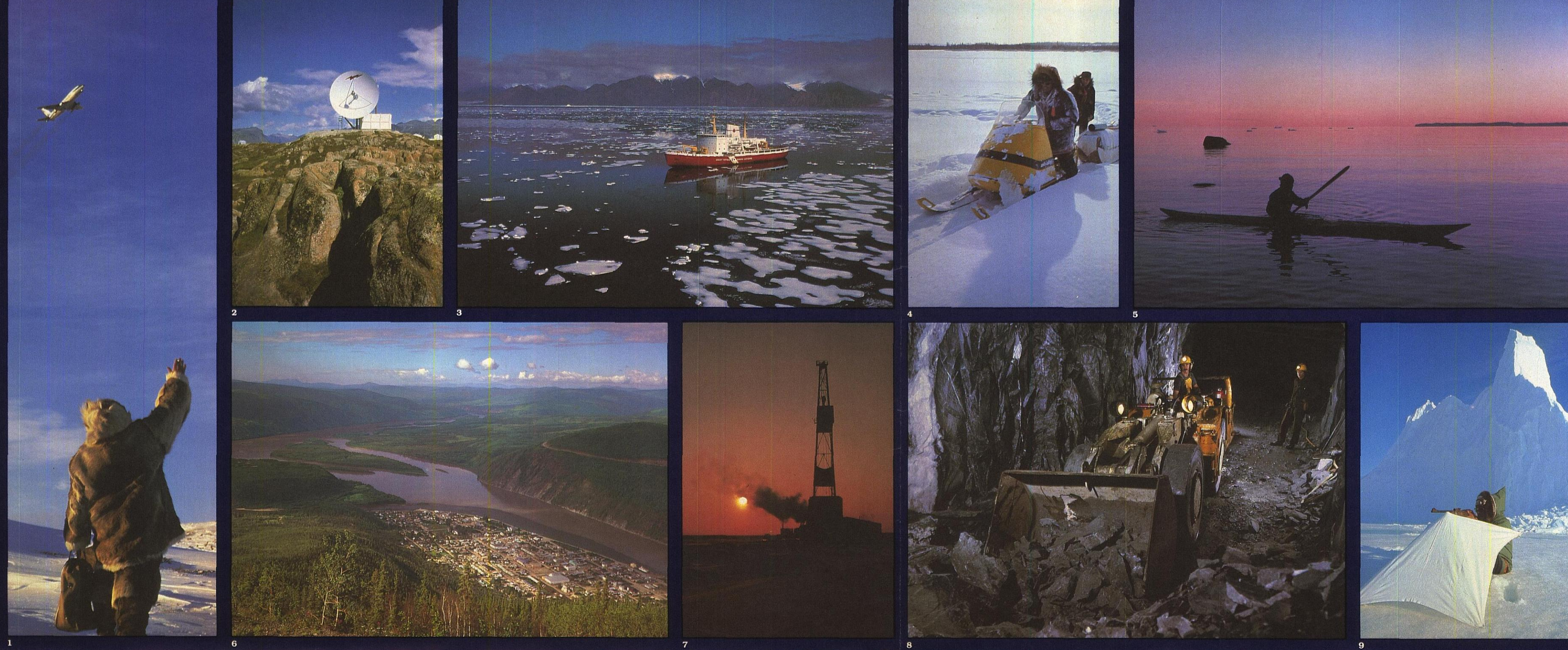


Geography



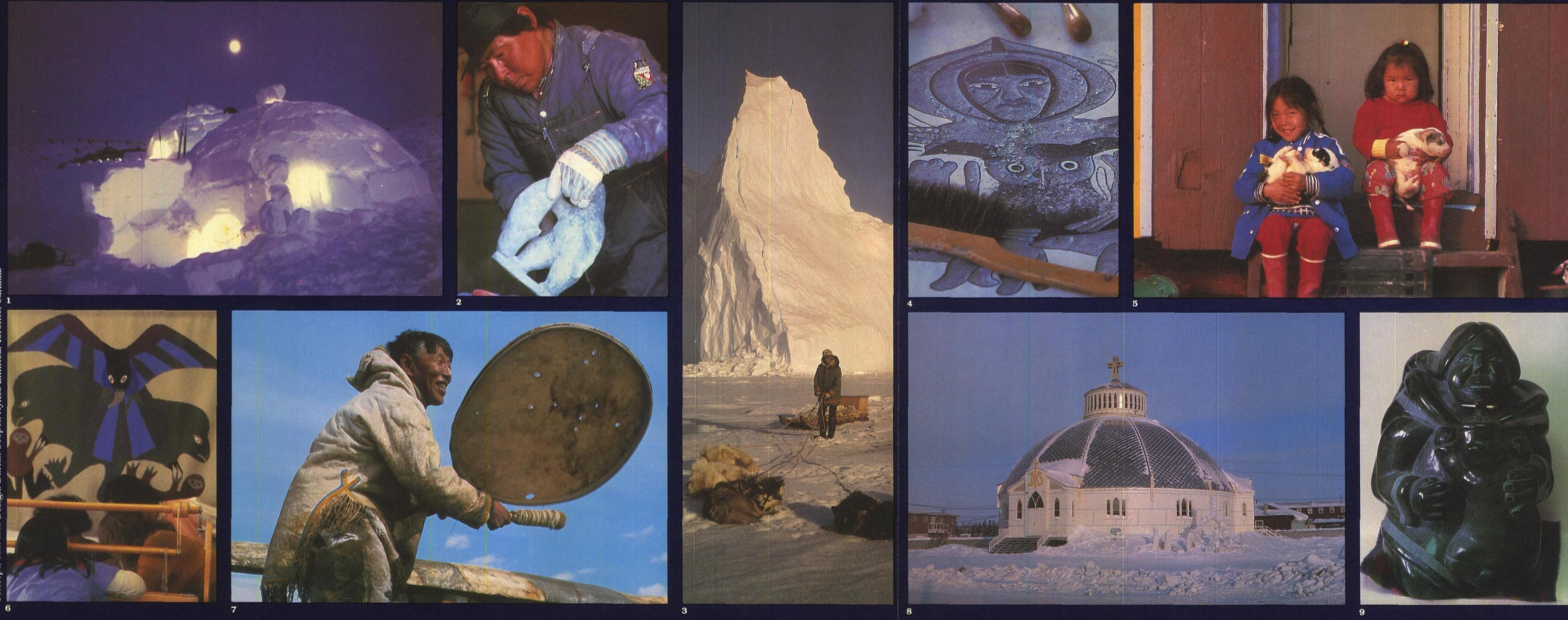
1. Polar bears, which rule the bleak snowscapes of Baffin Island, roam as far south as Manitoba. They are part of the Arctic's surprisingly varied wildlife, which includes wolves, foxes, caribou, musk-oxen, seals, walrus, and many species of bird.
2. Summer wildflowers blossom near North Fork Pass in the Yukon's Ogilvie Mountains. The climate in this western mainland region is comparatively mild by Arctic standards.
3. Glaciers, literally rivers of ice, are common in the high Arctic islands. This one flows between mountain ridges further south, in Kluane National Park.
4. The Alaska Highway links the Yukon's capital, Whitehorse, with points south in British Columbia, and northwest in the U.S. state of Alaska.
5. The austere beauty of rock and ice sculpture is characteristic of the Arctic landscape. About a third of Canada's North is covered by boreal forests or mountain vegetation. The rest is barren tundra or glaciated elevations.

Economy



1. Commercial jets have followed in the wake of the earlier "bush pilots" who first opened the North to economic development.
2. Microwave communications relayed via satellite keep Arctic outposts in touch with the world.
3. Icebreakers escort summer supply ships to settlements and outposts in the Arctic islands.
4. Snowmobiles are replacing the dog-sled as the basic mode of transportation in the Arctic, where roads are scarce.
5. The elegant kayak keeps the ancient Inuit way of life alive off the coast of Ellesmere Island.
6. Dawson City (Yukon) had a population of some 30 000 at the height of the gold rush. Today, it has about 1 000 residents.
7. Oil and gas exploration, particularly in the Beaufort Sea, is changing the nature of the Arctic economy.
8. Gold can still be found in the Northwest, as this active gold mine near Yellowknife attests.
9. A hunter on Baffin Island applies modern weaponry to an age-old task.

Culture



1. An igloo glows in the Arctic night. Inside, it's much warmer than out, but the interior is still below freezing.
2. Inuit soapstone carvings are now widely distributed and collected.
3. A dog-sledder rests his team on sea ice near a towering iceberg.
4. Cape Dorset (Baffin Island), where this lithograph was made, is the principal Inuit artistic centre in the Canadian Arctic.
5. Arctic youth (both two- and four-legged) faces a future full of challenges and opportunities.
6. Inuit weavers work beside an example of their craft in Pangnirtung (Baffin Island).
7. A traditional Inuit drummer performs for dancers at Arctic Bay (Baffin Islands).
8. A church in Inuvik (Mackenzie Delta) reflects the shape of the igloo.
9. Sculpture proclaims the Inuit's unique place in the family of man.

Concept, Text and Design: Burns, Cooper, Hynes Limited, Toronto, Canada.

Canada The Pacific



Canada's Pacific province of British Columbia is one of the most mountainous regions in North America. Its eastern border lies mainly along the continental height of land in the Rocky Mountains, and a series of lesser ranges runs through the province from north to south at intervals all the way to the sea. Elevations range from some 3 900 metres in the Rocky and Coast Ranges to about 600 metres in interior valleys.

The Pacific coast was first explored by a succession of Russian, Spanish and British ships during the eighteenth century before any explorers reached the coast overland. Settlement did not begin until the nineteenth century, and gathered momentum under the largely illusory stimulus of gold discoveries. By 1871 the colony's population was large enough to warrant admission into the Canadian Confederation of provinces established in the east in 1867. Fourteen

years later, the promise of a nation linked from the Atlantic to the Pacific was fulfilled with the completion of the transcontinental railway through the Rockies. This required extraordinary feats of engineering both in mountain passes and in the gorge of the Fraser River.

Most of British Columbia's 2 745 000 inhabitants are concentrated in the southwestern corner of the province around Vancouver, which is Canada's third largest city, and its foremost seaport. Smaller cities are clustered in interior valleys which enjoy mild climates and excellent agricultural conditions. Most of the rest of the province's nearly one million square kilometres is heavily forested, some of it with gigantic firs reaching heights of 75 metres.

Isolated from the rest of Canada by its formidable mountain ranges, the province has a natural orientation towards other "Pacific Rim" countries. Virtually all British Columbia's major industries serve export markets. In particular, the province produces and exports large amounts of coal and forest products of all kinds. Links with Asia are reflected in Vancouver's large and growing Chinese and Japanese communities.

Dairy, fruit and general farming are all part of the region's mixed agriculture, while coastal fisheries produce halibut, cod, sole, salmon and herring as well as oysters, clams and crabs. In addition to coal, other mines throughout the interior produce lead, zinc, copper, gold and silver. Abundant hydro-electric power feeds various industries, including aluminum smelting.

Scenic splendours and the mildest climate in Canada make outdoor recreation an important part of life in British Columbia. Skiing, sailing, golf,

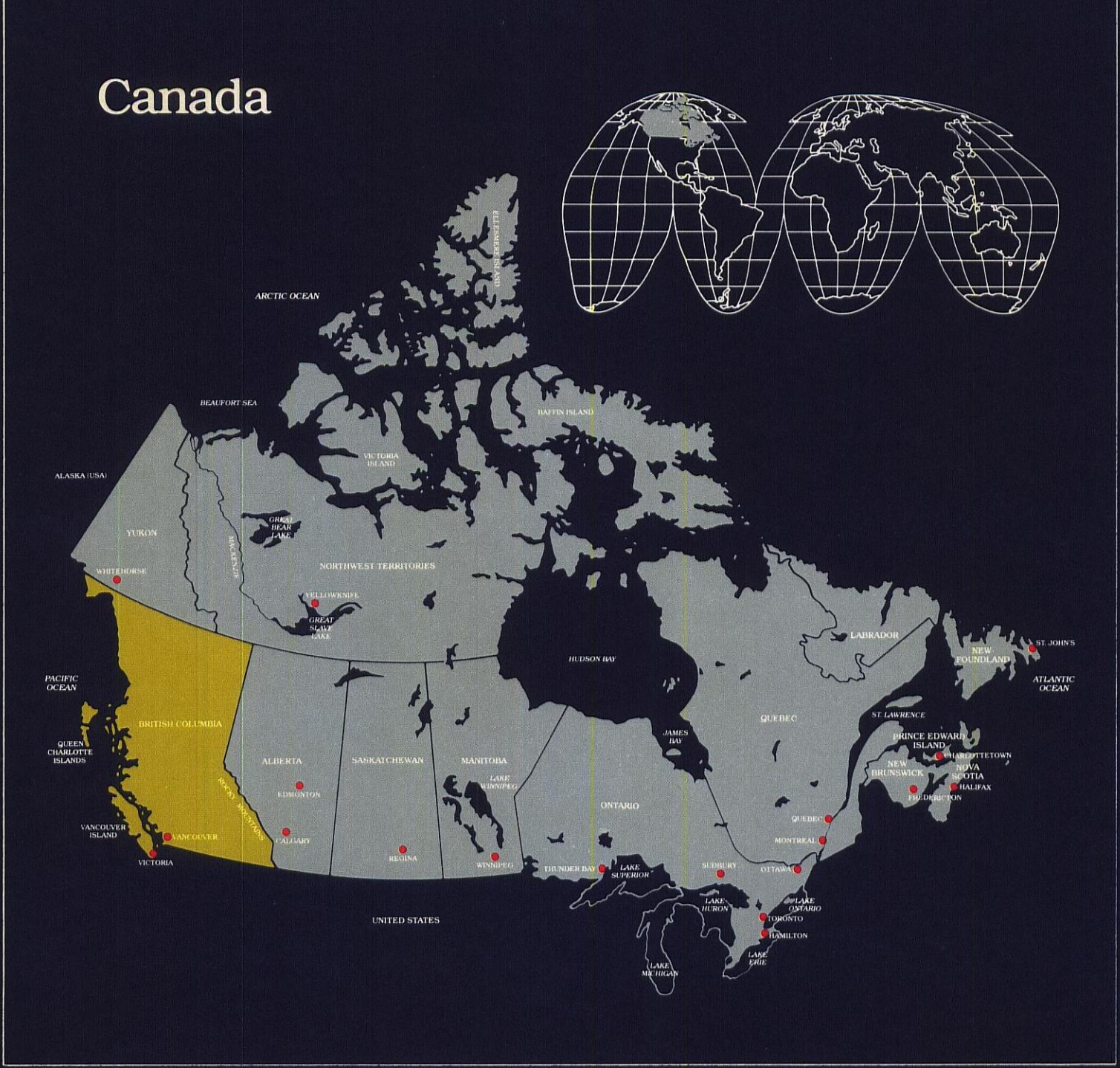
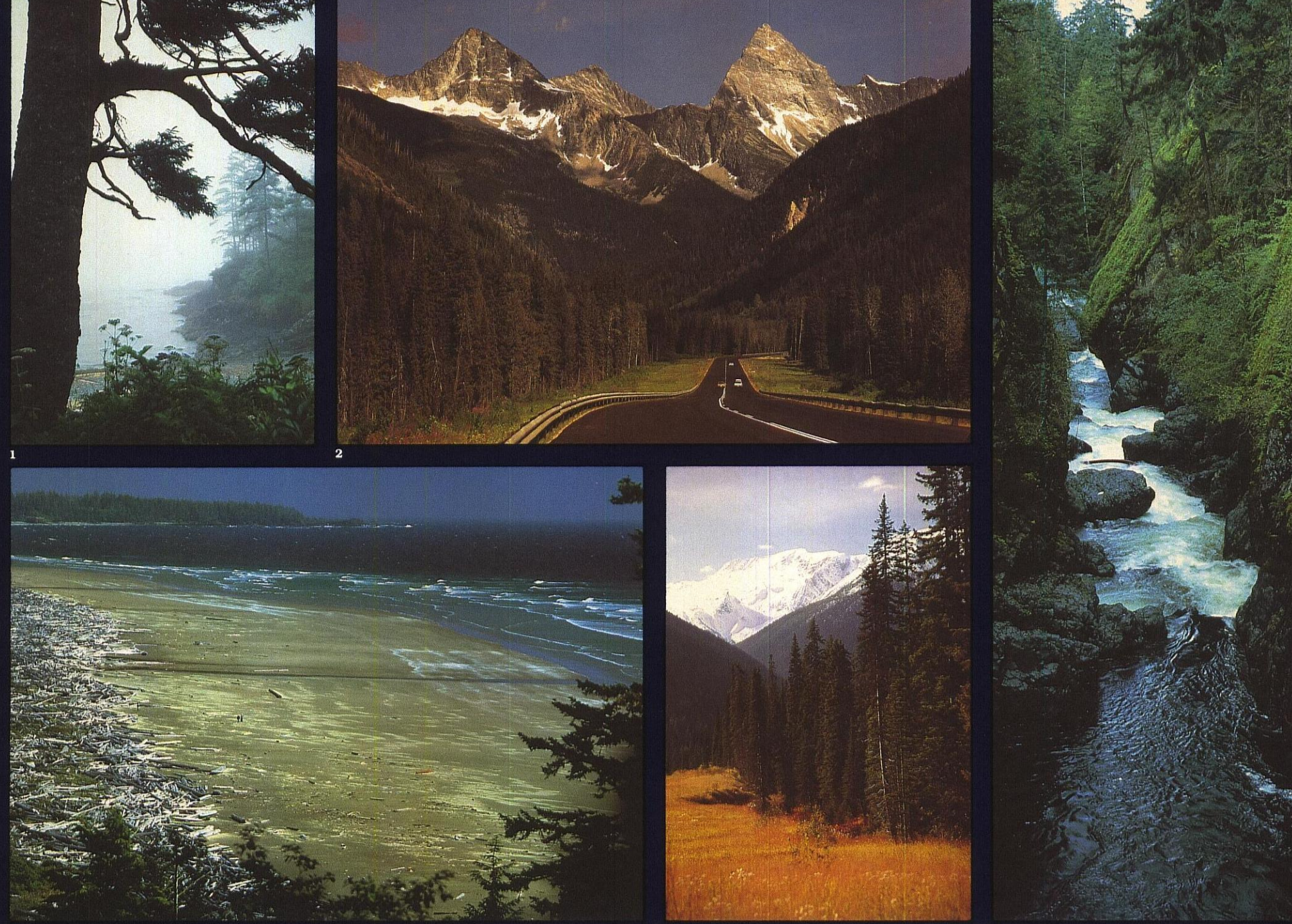
swimming, hiking and gardening are all popular pursuits.

Victoria, the provincial capital, located on Vancouver Island, keeps the "British" in British Columbia by maintaining a decidedly English flavour. Famous for its parks and gardens, the city is one of Canada's favourite retirement communities.

While British Columbia was the last region of Canada to be opened up to settlement by Europeans, it has already overtaken some other regions in development. In particular, Vancouver's rapid growth as a seaport and commercial centre has earned it an important place in the Canadian economy.

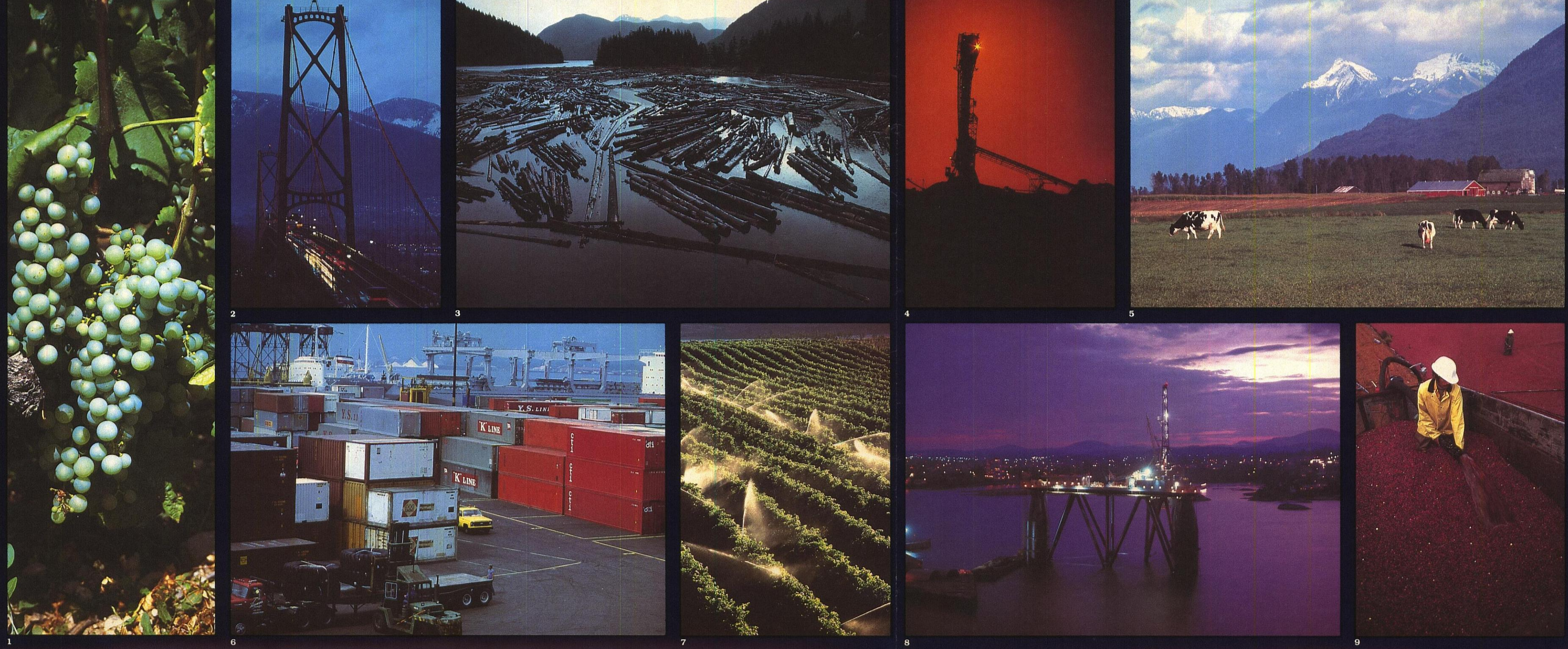


Geography



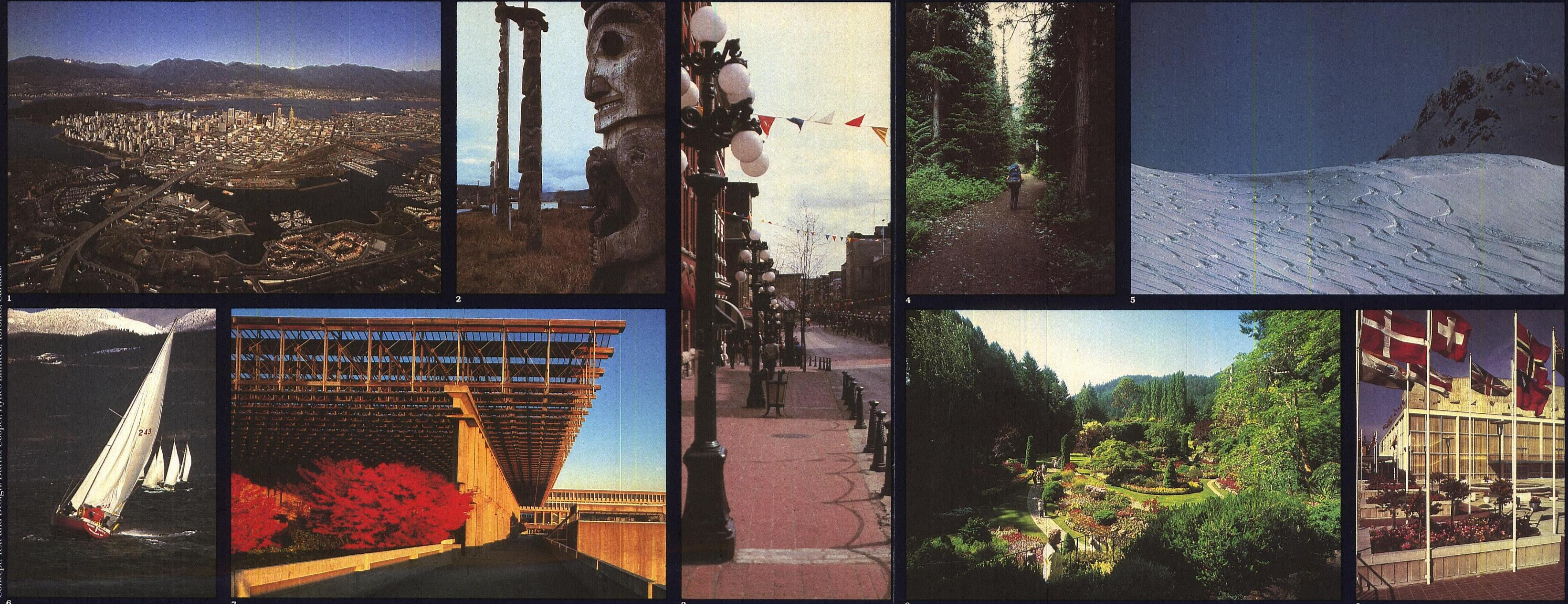
1. Forests of giant trees crowd the rocky shores of Wickaninnish Bay on the west coast of Vancouver Island. This area is part of Pacific Rim National Park.
2. British Columbia's excellent road system links dozens of communities otherwise isolated by towering mountain ranges.
3. Pacific surf leaves tonnes of driftwood on one of Vancouver Island's large beaches. In other areas, the coastline is rugged and intricate, including fjords at least 100 kilometres in length.
4. Snowcapped peaks and warm, heavily forested valleys are typical of the B.C. interior, which covers some 948 596 square kilometres of territory.
5. Precipitation of some 3 000 millimetres a year in coastal areas produces lush rain forests like this one on Vancouver Island. Inland, conditions are much drier: Okanagan Valley precipitation is 300 millimetres a year.

Economy



1. Some of Canada's finest wines are produced in the dry, sunny Okanagan Valley in the province's interior.
2. Lion's Gate Bridge soars above the lights of Greater Vancouver, the province's chief seaport, manufacturing and financial centre.
3. British Columbia is Canada's leading producer of forest products, accounting for close to 50 per cent of the nation's total volume of wood cut.
4. A large portion of British Columbia's coal production is shipped overseas through a super-port at Robert's Bank (near Vancouver).
5. Dairy farms are an important element in the balanced diversity of the Fraser Valley's agricultural economy.
6. At least 50 million tonnes of cargo are handled yearly in the Port of Vancouver.
7. Irrigation moistens crops in the summer sun near Osoyoos, in the southern interior.
8. A giant offshore oil rig moves out of the harbour of Victoria. British Columbia shipyards service vessels from around the world.
9. Cranberries grown in the Fraser Valley are harvested by the flotation method.

Culture



1. Vancouver's spectacular natural setting provides it with unparalleled recreational resources.
2. Weathered totem poles in the Queen Charlotte Islands guard the memory of the ancient Haida culture.
3. A restored square in Vancouver's Gas Town district preserves a piece of the city's brief but colourful past.
4. Forests, mountains and hikers epitomize British Columbia's outdoor life.
5. Helicopters are used to lift skiers to the heights of the Monashee Mountains in the province's interior.
6. A wealth of islands, fjords, inlets and natural harbours make the Pacific Coast a yachtsman's paradise.
7. Simon Fraser University, named for one of the region's most intrepid early explorers, is one of British Columbia's important academic centres.
8. The Butchart Gardens near Victoria attest to the region's virtually perfect gardening climate.
9. Flags fly outside the Queen Elizabeth Theatre and Playhouse during the annual Vancouver International Festival.

Concept, Text and Design: Burnas, Cooper, Hayes Limited, Toronto, Canada.

Canada The Prairies

The southern half of the Prairie provinces of Manitoba, Saskatchewan and Alberta constitutes the most uniform geographic region in Canada. Its continuous flat plain extends 1,300 kilometres from the western edge of the Canadian Shield in Manitoba to the foothills of the Rocky Mountains in Alberta.

Once the bed of an immense inland sea (Champlain Sea), the sedimentary soil of the Prairies is exceptionally fertile and makes this one of the major grain-growing areas in the world. Most of this territory, comprising nearly 500,000 square kilometres of the three provinces' total of some two million, enjoys a growing season lasting from late April to early October.

A series of French and British explorers criss-crossed the Prairies in the late eighteenth and early nineteenth centuries, but settlement did not begin in earnest until after 1800, when a French community was established at St. Boniface, now a city adjacent to Manitoba's capital, Winnipeg. By 1870, Manitoba had obtained provincial status, joining the Confederation of eastern provinces that had created Canada three years earlier.

The opening of virgin lands with the offer of free homesteads encouraged a wave of immigration after the turn of the century. Thousands of settlers from Eastern Europe, especially the Ukraine, began turning the barren plains into seas of wheat. In 1905, with half a million settlers between them, the new provinces of Saskatchewan and Alberta were created; only six years later, their population had more than doubled to 1,300,000. Today, the combined population of the three provinces is some four million.

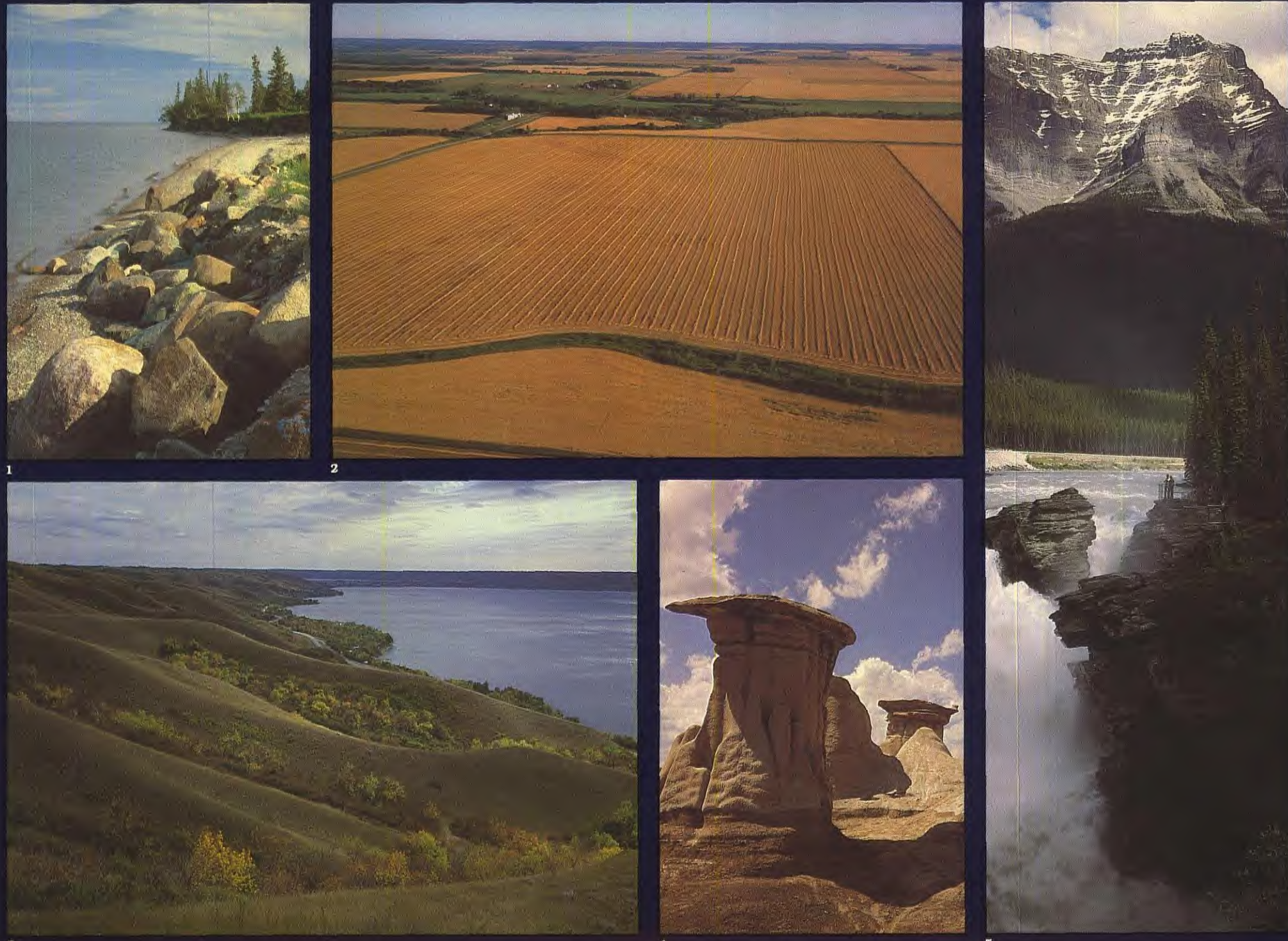
While grain-growing for both domestic and major export markets remains a mainstay of the Prairie economy, the three provinces have also exploited other natural resources. Manitoba has major nickel, copper and gold mines, as well as forest industries. Saskatchewan has developed its large deposits of potash. In addition to oil and gas, and Alberta, now the most populous of the Prairie provinces, has eclipsed its own substantial agricultural economy by becoming Canada's leading producer of petroleum products. Manufacturing has also become increasingly important in the three major Prairie cities of Winnipeg (Manitoba) and Calgary and Edmonton (Alberta). The railways, the Trans-Canada Highway and various pipelines are the backbones of Prairie commerce, moving products to distant markets both east and west in Canada and overseas.

The mixed origins of Prairie settlers and the relative youth of Prairie cities give this region a unique "frontier" spirit and vitality. The pioneer virtues of perseverance, hardiness and self-reliance are kept very much alive in annual festivals such as the Calgary Stampede and Edmonton's Klondike Days.

Prairie dwellers are also earning respected places on the national cultural scene through such notable institutions as the Royal Winnipeg Ballet, the Manitoba Theatre Centre, Saskatchewan's Regina Museum of Natural History, and Alberta's Banff Centre School of Fine Arts and Edmonton Symphony.



Geography



1. Hecla Island is located in a provincial park in the southern part of Lake Winnipeg, the largest lake in the Prairie provinces.
2. Stretching as far as the eye can see, the dark, rich and fertile soil of Manitoba is only the beginning of an arable plain that extends westward to the foothills of the Rockies.
3. The Qu'Appelle Valley in south-central Saskatchewan interrupts the Prairies' flat expanse with rolling hills and lakes.
4. Wind-eroded formations called 'hoo-doo's are a feature of the Alberta Badlands, located in the province's southeastern region.
5. Rivers that nourish the Prairies begin in the mountains to the north and west. Here, snows of the Rocky Mountains feed Athabasca Falls in Jasper National Park (Alberta).

Economy



1. The Prairie provinces produce 30 million tonnes a year of wheat, barley, oats, rapeseed and other grains.
2. Alberta is Canada's leading producer of oil and gas, which is piped to eastern Canada.
3. Prairie winds are harnessed to pump water for irrigation on Manitoba farms.
4. The Royal Canadian Mint adds architectural distinction to the city of Winnipeg (Manitoba).
5. Railways haul Prairie grain over the Rocky Mountains to west coast ports.
6. Beef cattle, a major part of prairie agriculture, graze on ranchlands once roamed by wild buffalo herds.
7. A petrochemical complex beside the North Saskatchewan River feeds on nearby oil and gas wells.
8. Massive machinery scoops up tar sands to be converted into synthetic crude oil near Fort McMurray (Alberta).
9. Office towers in downtown Calgary (Alberta) house headquarters of some of Canada's leading energy companies.

Culture



1. The national training centre for the Royal Canadian Mounted Police is located in Regina (Saskatchewan). Here, "Mounties" perform their famous Musical Ride.
2. Skiers enjoy the incomparably light snows of the Alberta Rockies.
3. A Stoney Indian in full regalia participates in the annual Banff Indian Days festival (Alberta).
4. The romance of the cowboy lives on in rodeo contests at the Calgary (Alberta) Stampede.
5. The Canadian Broadcasting Corporation provides national coverage of an event at Edmonton's 60,000-seat Commonwealth Stadium (Alberta).
6. A church near Sheho (Saskatchewan) reflects the Ukrainian heritage of many Prairie residents.
7. Fort Prince of Wales, near Churchill (Manitoba), stands on a bleak plain in this sub-arctic outpost of early exploration.
8. The dome of the Manitoba legislature in Winnipeg is topped by a statue of "Golden Boy".
9. Wayne Gretzky, one of Canada's most outstanding hockey players, performs for the Edmonton (Alberta) Oilers.

Concept, Text and Design: Burns, Cooper, Hynes Limited, Toronto, Canada.

Ontario

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Quebec



The Atlantic





Canada

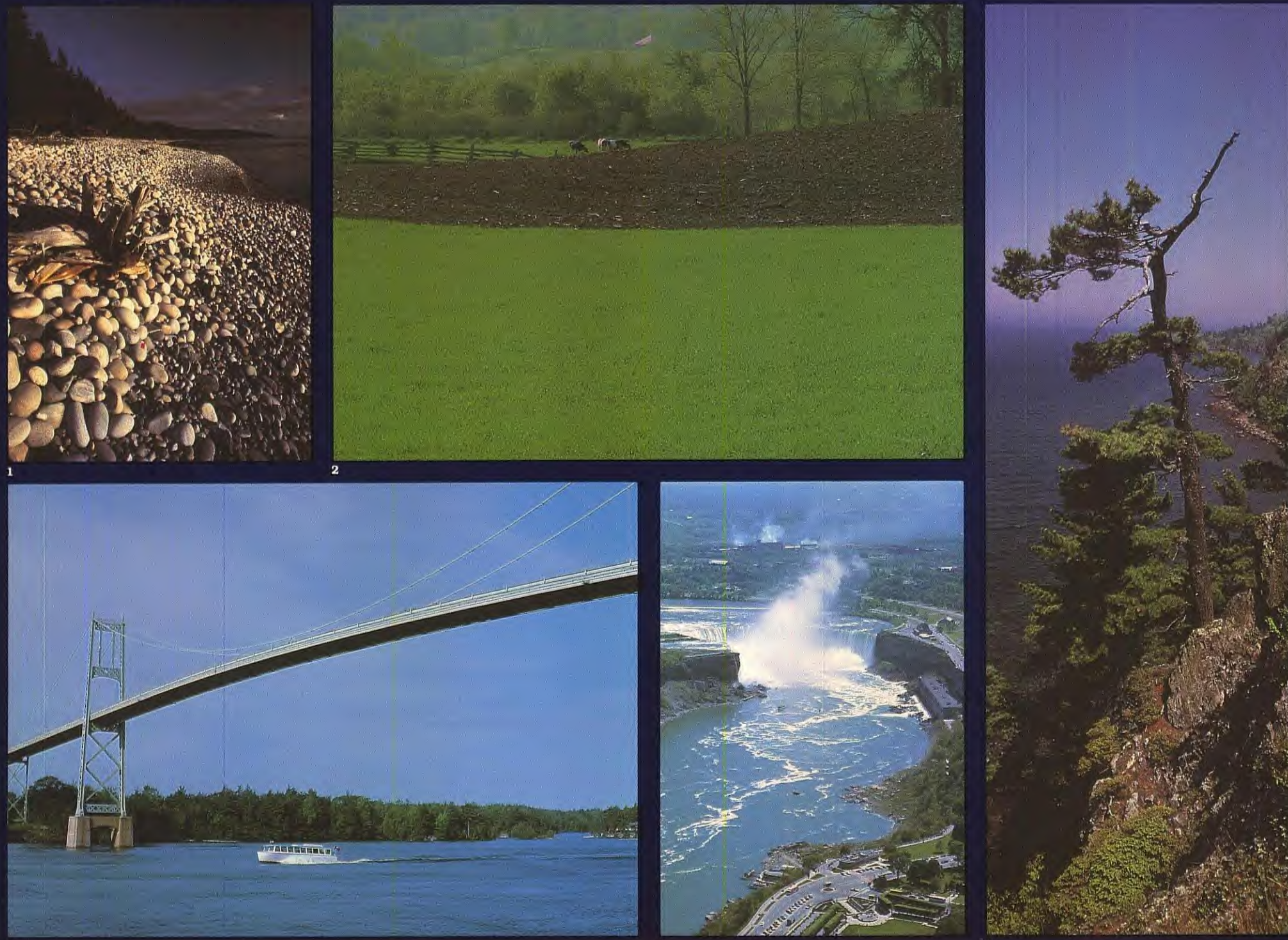
Ontario

Ontario is Canada's second-largest province in area, and its largest in population. Some 8 600 000 people live in its 1 039 552 square kilometres of territory. Most of this population is concentrated in the southwestern quarter of the province, where the land is almost entirely arable and the climate mild by Canadian standards. The remaining three-quarters of the province, stretching north and west around the Great Lakes and up to Hudson Bay, comprises the rugged, rocky terrain of the Canadian Shield. Samuel de Champlain, a central figure in the founding of French Canada, was also the first European to explore what is now Ontario in 1612. He opened the way for French fur traders, missionaries and soldiers. After the fall of New France (1759) and the American War of Independence (1776), English-speaking settlers, principally United Empire Loyalists moving north from the newborn

United States, migrated into Ontario in great numbers. They established communities throughout the lower Great Lakes basin and the upper part of the St. Lawrence Valley, and quickly developed a presence on the Canadian political scene. In 1841 an act of the British Parliament united Upper Canada (as Ontario was then known) with Lower Canada (present-day Quebec). This united government was the first step towards the Confederation of Canadian provinces achieved in 1867. Ottawa, situated on the river of the same name flowing between Quebec and Ontario, became the national capital of Canada and the seat of the Canadian Parliament. Since the First World War, Ontario's internal growth has been bolstered by the absorption of more than two million immigrants, principally from Western Europe, but also from the Orient and elsewhere. While the province has retained the essentially British character imparted to it by its first settlers, there are also some 600 000 French-speaking persons in Ontario, as well as substantial communities of Italians, Germans, Portuguese, West Indians, East Indians, Chinese, Japanese and Eastern Europeans. Toronto, Canada's largest city with some three million people, is a focal point for the cultural diversity of Ontario's population. It is also one of the main cultural centres of English-speaking Canada, producing much of the nation's television, film, theatre and literature. Located in Ontario are such nationally and internationally recognized cultural institutions as the Royal Ontario Museum, the National Museum of Man, the National Gallery, the National Arts Centre Orchestra, the Canadian Opera Company, the National Ballet of Canada and the Stratford Shakespearean Festival. Ontario is also Canada's industrial heartland, producing 50 per cent of the nation's manufactured goods. These include primary iron and steel, heavy machinery, automobiles, air-



Geography



1. Pebble Beach stretches along the rugged north shore of Lake Superior, the world's largest body of fresh water. Covering some 82 103 square kilometres and reaching depths of over 400 metres, the lake experiences winter storms rivaling those of the north Atlantic.
2. Ontario's arable lands support 80 000 farms producing an abundance of small grains, beef, dairy products, pork, vegetables, poultry, fruit and other field crops.
3. The Great Lakes basin is linked to the sea by the mighty St. Lawrence River, which begins in the Thousand Islands at the eastern end of Lake Ontario. Here the Ivy Lea Bridge links Ontario with New York State on the river's south shore.
4. The Niagara River, flowing between Lake Erie and Lake Ontario, abruptly plunges 48 metres over spectacular Niagara Falls, pouring some 180 000 tonnes of water per minute into the gorge below. The large structure at right centre is a hydro-electric power station.
5. Craggy outcroppings dotted with pine, spruce and fir are mixed with patches of swampy muskeg throughout the area north of Lake Superior. Traversing this rugged wilderness was one of the major challenges faced by the builders of Canada's first trans-continental railway line.

Economy



1. Ontario orchards, principally in the Niagara region, produce large quantities of grapes, apples, peaches and pears as well as smaller quantities of cherries and plums.
2. Centred in the city of Hamilton, Ontario's steel industry can produce up to 20 million tonnes of crude steel per year, or about 80 per cent of Canada's total output.
3. Some 16 million tonnes of prairie grain annually are transferred from rail cars to ships through these terminals at Thunder Bay on the shores of Lake Superior.
4. Lightweight aluminum cars, linear induction motors and noise-reducing radial trucks running on elevated guideways are features of a new transportation system for Canadian and export markets.
5. The Dash 7, an advanced, 50-passenger STOL aircraft produced in Ontario, cruises over the Toronto skyline, dominated by the 554-metre CN Tower.
6. Ontario accounts for about 75 per cent of Canada's output of electronic equipment including telephones, office machines, instruments and computers.
7. Molten material flows like lava in a smelter near Sudbury, Northern Ontario's largest mining centre.
8. The \$100-million 'Canadarm' used to manipulate cargo in orbit on the U.S. space shuttle was developed over a five-year period in Ontario.
9. Ontario accounts for more than 90 per cent of the output of the Canadian motor vehicle industry, producing one million cars and trucks yearly.

Culture



1. Skaters of all ages enjoy 7.8 kilometres of frozen Rideau Canal cleared for their use during Ottawa winters.
2. Ste. Marie Among the Hurons was built in 1639 as a central residence for French Jesuit missionaries in the Georgian Bay (Lake Huron) region. Its fortified facilities included Ontario's first school, first hospital and first farm.
3. The Peace Tower and the Parliament Buildings in Canada's capital city of Ottawa rise beside the Rideau Canal.
4. Ontarians indulge their love of the outdoors in 130 provincial parks comprising thousands of square kilometres of scenic wilderness.
5. The renowned Stratford Shakespearean Festival lures nearly 500 000 people annually to this garden setting on the banks of the Avon River. The Robarts Library is one of the most modern buildings on the campus of the University of Toronto, the largest of Ontario's 17 institutions of higher learning.
7. Ontario Place on Toronto's waterfront welcomes nearly three million visitors a year to its theatres, restaurants, playgrounds and marina.
8. The recently-restored Victorian Gothic tower of St. Andrew's Church contrasts with the strikingly contemporary architecture of Roy Thomson Hall, the new home of the Toronto Symphony.
9. A link with Ontario's pre-colonial heritage is preserved in the graceful form of the canoe—as popular with today's sportsmen as it once was with fur traders and voyageurs.

Concept, Text and Design: Burns, Cooper, Hayes Limited, Toronto, Canada.

Canada Quebec



Quebec, Canada's largest province in area, encompasses some 1 540 680 square kilometres of the country's total of 9 922 330. The northern third of this territory, known as *Nouveau Québec*, is barren tundra, while the central region is forested and contains a wealth of mineral resources as well as many rivers with hydro-electric potential.

In the south lies the broad, fertile St. Lawrence Valley, where most of the province's population of 6.5 million is concentrated. The St. Lawrence River is the backbone of Quebec, linking its major cities and industries, and providing them with deep-water access to the sea. It was along this natural maritime highway that European colonists first settled in what is now Quebec.

Jacques Cartier's first expedition arrived in the Gaspé region in 1534, and explored the St. Lawrence as far as the future sites of Quebec City and

Montreal. Samuel de Champlain's explorations widely extended the boundaries of New France in the early 1600s, setting the stage for the establishment of French colonies along the St. Lawrence Valley during the next 150 years.

The fall of Quebec to British forces in 1759 brought an end to French rule, and thereafter Quebec took part in a succession of colonial governments leading to the self-governing Canadian Confederation established in 1867.

Today, Quebec remains the heart of French Canada, and Montreal, with a population of three million, is the world's second-largest French-speaking cultural centre after Paris. Approximately 80 per cent of Quebec's people are of French origin, giving the

province a cultural character quite unlike that of any other part of Canada. Elaborate facilities for the production of French-language television, films, theatre and publications, as well as music, dance and art are centred in Montreal, and serve French-speaking communities across the continent.

Laval University, the University of Montreal, *le Théâtre du Nouveau Monde*, *les Grands ballets canadiens*, *l'Orchestre symphonique de Montréal* and the Quebec Winter Carnival are just a few of the very well-known French-Canadian cultural institutions.

Montreal, which has twice been host to the world as the site of Expo 67 and the 1976 Olympics, also dominates the Quebec economy, accounting for over 60 per cent of the province's output of goods and services. These include petrochemicals, textiles, automobiles, aircraft, railway equipment and heavy machinery. Montreal is also Canada's largest eastern seaport, and a major terminal for the country's transcontinental rail, road and air transportation networks.

Hydro-Quebec provides abundant energy for Quebec industries—as well as for export to the U.S.—from some of the world's largest hydro-electric installations on northern tributaries of the St. Lawrence and rivers flowing into James Bay.

Major iron, copper, asbestos and gold mining centres, as well as pulp and paper mills, are located both north and south of the St. Lawrence Valley. The province's principal agricultural products include feed grains, livestock, dairy products, fruits, vegetables and tobacco.

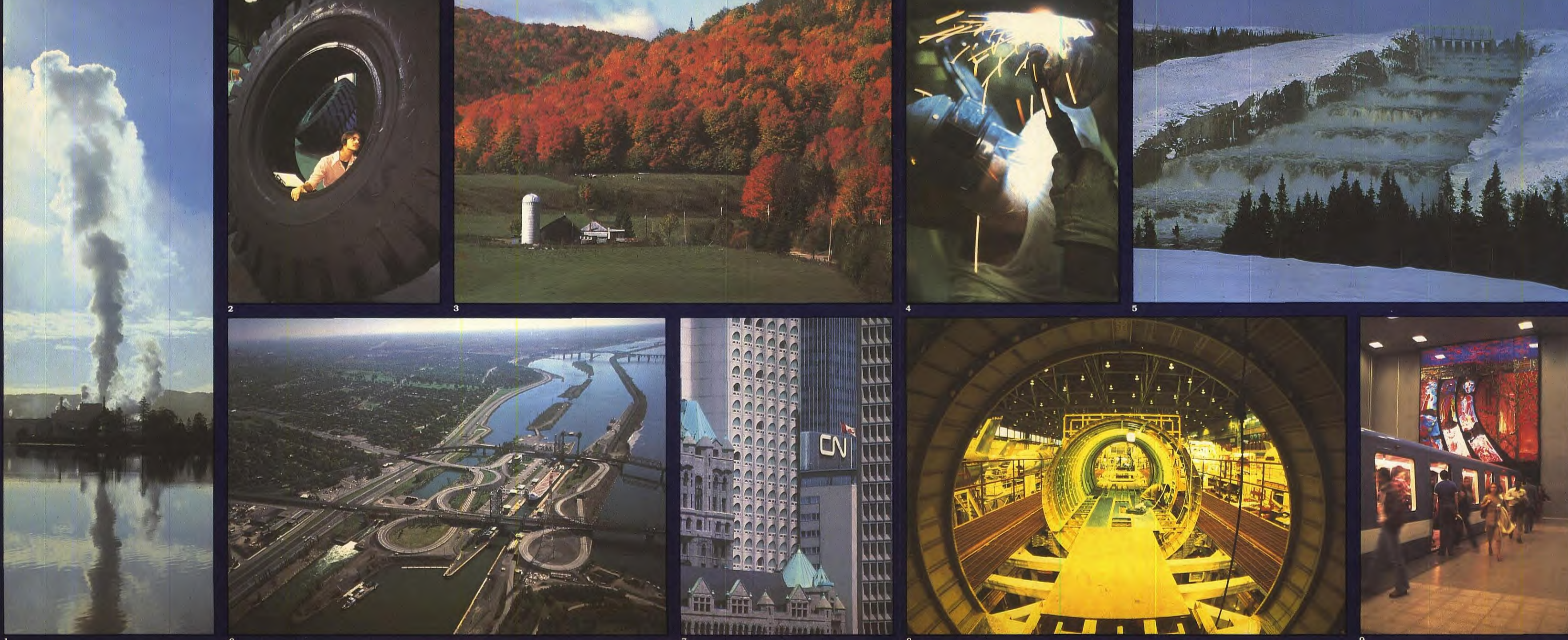


Geography



1. Percé Rock looms off the east coast of Quebec's Gaspé region, a lightly populated, scenic area rich in forests and fisheries.
2. Stands of mixed deciduous and evergreen trees like these in the Gatineau (Ottawa Valley) region are typical of Quebec's southern farming areas.
3. Leaves tinged with the colours of autumn are reflected in a lake near Mt. Tremblant, Quebec's Laurentian region, a part of the Canadian Shield, contains thousands of lakes, some 1 000 square kilometres in area.
4. Mount Royal rises in the centre of an island where the Ottawa River joins the St. Lawrence. The city of Montreal spreads around its flanks, while St. Joseph's Oratory stands on the mountain's north slope.
5. A cliff-top religious statue looks out over the St. Lawrence at the mouth of the Saguenay River, which is actually a large flord. Its wide, deep channel allows ocean shipping access to the Lac Saint-Jean region, Quebec's northernmost major populated area.

Economy



1. Quebec is a major producer of pulp and paper products. This mill is on the placid Saint-François River near Richmond, in the Eastern Townships region.
2. Tires for heavy equipment are produced in a factory near Montreal.
3. Most of Quebec's 45 000 farms are located in the St. Lawrence Valley, but dairy farms like this one are also found in the lower Laurentians.
4. A welder works on an auto chassis in a large assembly plant north of Montreal.
5. A diverted river cascades down a man-made chute at one of Hydro-Quebec's massive power projects in the James Bay region.
6. Some 5 000 vessels a year carry about 60 million tonnes of cargo through the St. Lawrence Seaway, which begins at Montreal.
7. Downtown Montreal houses the headquarters of Canada's first transcontinental railway, Canadian Pacific (foreground), as well as Canadian National.
8. *Challenger* executive jets are the main product of this aircraft plant in Montreal.
9. Commuters in the Montreal Métro enjoy an underground feast of colourful art and architecture.

Culture



1. Professional baseball and football (shown here) are among the attractions at Montreal's Olympic Stadium.
2. Bicycle racing, especially the gruelling *Tour du Saint-Laurent*, is a popular sport in Quebec.
3. Quebec City's Lower Town, dating from the seventeenth century, looks more European than North American.
4. *Les Grands ballets canadiens* is one of Canada's leading dance companies.
5. Dozens of resorts within an hour's drive provide residents of the Montreal region with superb skiing.
6. Ile Notre-Dame, a man-made island in Montreal harbour created for Expo 67, is now a public recreation complex.
7. Quebec City's Winter Carnival features a challenging boat race across the ice-choked—and fast-flowing—St. Lawrence.
8. Among Montreal's hundreds of churches, Notre-Dame Cathedral is one of the oldest and most beautiful.
9. Hockey, Canada's national sport, is nowhere more popular than in Montreal, home of the illustrious *Canadiens*.

Concept, Text and Design: Barris, Cooper & Hyman Limited, Toronto, Canada.

Canada The Atlantic



Canada has four Atlantic provinces: Newfoundland (which includes both the island of that name and the mainland territory of Labrador), New Brunswick, Nova Scotia and Prince Edward Island. The geography of these provinces is extremely varied, ranging from glacial mountains in northern Labrador to lush farmlands and orchards in the south. Together, the provinces cover 539 101 square kilometres, more than two-thirds of this being the rugged terrain of Newfoundland and Labrador with elevations as high as 1 650 metres in the north. The other three provinces have more gently rolling terrain, much of it heavily forested, with elevations generally not exceeding 500 metres. Arable land is abundant, and the growing season extends from late April to early November. The climate is cold and wet in winter, with heavy snowfalls in coastal areas. Summers are generally cool, with a reliable

amount of rain. The otherwise hostile Labrador region is well-endowed with minerals, especially iron, and there are also substantial coal deposits in the scenic Cape Breton region of Nova Scotia. Perhaps the most notable geographic feature of the area is the undersea continental shelf, which extends far out from the coasts, providing one of the richest fisheries in the world. The first Europeans to set foot in this region were Viking adventurers, who established short-lived settlements in what is now Newfoundland about 1000 A.D. European fishing fleets continued to visit the coasts sporadically, but it was not until Sir Humphrey Gilbert's expedition to Newfoundland in 1583 that permanent settlement began. Shortly thereafter,

Samuel de Champlain established a French colony at Port Royal in Nova Scotia. Nearly two centuries of conflict between British and French ensued, culminating in a final British victory in 1755. A few years later the first elected assembly in what was to become Canada convened in Nova Scotia. As Loyalists fleeing the American Revolution (1776) swelled the region's population, new governments were formed, and the provinces of New Brunswick and Prince Edward Island were separated from the original territory of Nova Scotia. In 1867, Canada was born when Nova Scotia and New Brunswick joined the provinces of Quebec and Ontario in Confederation under the terms of the British North America Act (now part of the Constitution of Canada). While Prince Edward Island was added to the new nation only six years later, it was not until 1949 that Newfoundland became the fourth province of Canada's Atlantic region.

With the exception of New Brunswick, where about 40 per cent of the province's 700 000 people are French-speaking, most of the Atlantic provinces' population of 2.2 million is of British origin, predominantly of Scottish and Irish descent. Each province maintains its own cultural local points, with theatres, galleries and museums in the cities of Charlottetown (P.E.I.), Fredericton (N.B.), St. John's (Nfld.) and Halifax (N.S.). Fishing, agriculture, pulp and paper, mining and offshore oil and gas development are the region's chief economic activities. Halifax is the chief seaport, linked by road and rail to Canada's transcontinental systems.



Geography



1. The scenic coastline of Cape Breton Island, reminiscent of Scotland, has lured both Scottish settlers and thousands of tourists to this north-eastern part of Nova Scotia.
2. Summer sun makes a popular attraction of Cavendish Beach (Prince Edward Island), one of the finest in Atlantic Canada.
3. At the entrance to the Bay of Fundy (between New Brunswick and Nova Scotia), a lighthouse on Grand Manan Island guides ships bound for coastal ports.
4. Wildflowers blanket a meadow near Alma, in the southeast corner of New Brunswick. Most of this province's 73 436 square kilometres are forested.
5. Gros Morne National Park, facing the Gulf of St. Lawrence on Newfoundland's northwest shore, includes some of the most scenic examples of the island's rugged, convoluted coastline.

Economy



1. The Annapolis Valley, Nova Scotia's chief fruit farming region, is famous for its apples.
2. Offshore oil and gas exploration is a growing industry in Atlantic Canada, especially off Newfoundland.
3. Potatoes are a prime product of farms in New Brunswick and Prince Edward Island.
4. Ships take shape in drydocks in the harbour of Saint John (New Brunswick), the region's second-largest port.
5. In the days of schooners, Lunenburg (Nova Scotia) was a major shipbuilding centre.
6. Canada's Atlantic fisheries produce one million tonnes of fish and shellfish each year.
7. Newfoundland's forests yield pulpwood and timber for paper and building product industries.
8. A liner approaches a pier in Halifax harbour, which handles 2 000 vessels a year.
9. A tractor harrows the rich, rust-coloured soil of Prince Edward Island.

Culture



1. A reconstructed Micmac village recalls the lifestyle of Prince Edward Island's original inhabitants.
2. *Bluenose II* is a copy of the famed Nova Scotia schooner immortalized on Canada's 10 cent coin.
3. Brightly painted houses give a youthful look to one of North America's oldest cities, St. John's (Newfoundland).
4. A potter works in a craft village in Mactaquac (New Brunswick).
5. The fortress of Louisbourg (Nova Scotia), one of the most elaborate fortified complexes of the colonial period, has been completely restored.
6. Tossing the caber is a popular feature of Nova Scotia's annual Highland Games.
7. A costumed yarn spinner in New Brunswick's Acadian Historical Village preserves a link with eighteenth century French settlers of the region.
8. The traditional skills and craftsmanship of Atlantic shipwrights have survived in the age of high technology.
9. The Scottish heritage of Nova Scotia is passed on to a new generation.

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