

Niagara Falls, 160 feet in height. The two lakes are connected for the purpose of navigation by the Welland Canal. The St. Lawrence River, flowing out of Lake Ontario into the Gulf of St. Lawrence, forms the outlet of this system.

53. The other principal lakes are—in Ontario, the Lake of the Woods (1,500 square miles), Lakes Nepigon, Nipissing and Simcoe, and the Muskoka Lakes—Muskoka, Rosseau, Joseph and the Lake of Bays. In Quebec, Lake Temiscamingue, which is on the borders of Ontario and Quebec, Lake St. John, Grand Lake and Lake Mistassini; and in the Territories and Manitoba, Lake Great Bear (11,200 square miles); Great Slave (10,100 square miles); Athabasca (4,400 square miles); Winnipeg, 260 miles long, 65 miles broad, 710 feet above the sea, and an area of 9,400 square miles; Winnipegosis, 130 miles long, 27 miles broad, 828 miles above the sea, and an area of 2,030 square miles, and Manitoba, length 122 miles, breadth 24 miles, elevation above sea 809 feet, and area 1,900 square miles.

54. The principal mountains are the Rocky Mountains in the west, which extend from the Arctic Ocean to the United States, and contain the highest points in the Dominion, among the chief being Mount Hooker, 16,760 feet; Mount Brown, 16,000 feet, and Mount Murchison, 15,700 feet, while there are several others of nearly the same height. The Canadian Pacific Railway crosses this range through the Kicking Horse Pass at an altitude of 5,300 feet above the sea. West of the Rocky Mountains, and between them and the Pacific Ocean, are the Cascade Mountains, which run parallel to the coast from the Fraser River to Alaska, and in some places are as high as 10,000 feet. The other ranges of any size are: the Laurentian range, which extends from Labrador along the north of the St. Lawrence, and is upwards of 2,000 miles in length; the Notre Dame Mountains in Quebec, on the south shore of the St. Lawrence, and the North and South Mountains and the Cobequid Mountains in Nova Scotia.

55. The principal rivers are—in the Territories and Manitoba, the Mackenzie River, over 2,400 miles in length; the Copper Mine and Great Fish rivers, which flow into the Arctic Ocean; the Saskatchewan, Assiniboine and Red rivers, which flow into Lake Winnipeg, and the Churchill, Severn, Tyrrell and Albany rivers, which flow into Hudson's Bay; in Ontario and Quebec, the St. Lawrence, with its tributaries, the Ottawa, St. Maurice, Richelieu and Saguenay; in New Brunswick, the St. John, Resti-