Appalachian Region.—The Appalachian region occupies the hilly part of southeastern Quebec and the Maritime provinces. Here, during remote geological ages, the sedimentary beds of limestone, sandstone and shale that had been deposited beneath the sea were folded into mountain ranges, hardened, and intruded by igneous rocks. During long succeeding ages these mountains have been subdued, and little is left that may be regarded as mountains except the Notre Dame range of Quebec, with a general elevation of 1,000 to 2,000 feet and with peaks rising above 3,500 feet, the broken hilly country of the northwestern part of New Brunswick, a section of this province bordering the bay of Fundy and a central ridge in Nova Scotia.

In the ordinary processes of erosion, much of the loosened material resulting from rock decay was carried seaward, and in recent times glaciation denuded a great deal of the more elevated sections of country, leaving barely enough soil to support a forest growth.

In some places sediments have been deposited subsequently to the great folding processes of earl'er ages; they are unaltered, easily attacked by weathering agencies, and are overlain by an ample depth of soil. The soils of Prince Edward Island, the Annapolis-Cornwallis valley and other sections are derived from these sandstones and shales of later deposition, the shales producing the clayey constituents and the sandstones yielding the sand that renders the soil porous and tillable. Calcareous slates have in places such as in Carleton and York Cos., New Brunswick, broken down into fertile soils. In eastern Quebec, sufficient soil has been retained in the valleys to render the land arable. The great fertility of the reclaimed marshes of Nova Scotia and New Brunswick is due to the fine silt deposited by the tides by which they were formerly submerged.

In Canada the Appalachian extension is found to possess many of the minerals which have placed some of the eastern States in the foremost rank of mineral and industrial districts of the world. Important deposits of coal, gypsum and gold are mined in Nova Scotia. Of lesser but still considerable importance are the iron, stone and building materials; manganese, antimony, tripolite and barite are also mined, and some attention has been paid to copper. The principal minerals of New Brunswick are gypsum, iron, coal, stone for building purposes and grindstones, clays, antimony, manganese, mineral water and oil-bearing shales. Natural gas is also a commercial product. The chief asbestos mines of the world are situated in the southeastern part of the province of Quebec, where there are also important deposits of chrome iron ore, copper and pyrite. Iron ores and gold also occur.

St. Lawrence Lowlands.—The St. Lawrence lowlands consist of the generally level, arable land south of the Laurentian plateau. This lies on both sides of the St. Lawrence above Quebec, reaching south to the international boundary, occupies the eastern part of Ontario, east of a line running southward from a point about 50 miles west of Ottawa, and forms that portion of Ontario lying southwest of a line extending from Kingston to Georgian bay.

These lowlands are among the most fertile of Canada's agricultural sections. They are underlain by flat-lying shales and limestones which yield readily to weathering. The physiographic features are favourable, and the residual material derived from the decomposition of limestones and shales results in a fertile, calcareous, clayey soil. The loose surface deposits are of great depth, in places exceeding 200 feet.

The region was overriden by the great glacier, but the glaciation had apparently slight denuding effect on this part of the country, serving to mix the loose materials