While the majority of the trees in this area are deciduous in nature, there are also a considerable number of evergreen species, the most characteristic of which are White Pine (Pinus Strobus), Red Pine (Pinus resinosa), Hemlock (Tsuga canadensis), and White Cedar (Thuja occidentalis).

Some of the more important deciduous trees are Yellow Birch (Betula lutea), Burr Oak (Quercus macrocarpa), Red Oak (Quercus rubra), Beech (Fagus grandifolia), White Elm (Ulmus americana), Sugar Maple (Acer saccharum), Red Maple (Acer rubrum), White Ash (Fraxinus americana), Black Ash (Fraxinus nigra), Black Cherry (Prunus serotina).

Among the numerous shrubs found in this region, mention may be made of Ground Hemlock (Taxus canadensis), White Virgin's Bower (Clematis virginiana), Purple Flowering Raspberry (Rubus odoratus), Woolly Steeple-bush (Spiraea tomentosa), Staghorn Sumac (Rhus hirta), Prickly-fruited Gooseberry (Ribes cynosbati), Blue-berried Grape (Vitis vulpina), Smooth-leaved Honeysuckle (Lonicera dioica), Withe-rod (Viburnum cassinoides), and various others.

Herbaceous species are very numerous. Among those typical of the forest floor are Yellow Clintonia (Clintonia borealis), Yellow Adder's Tongue (Erythronium americanum), White Trillium (Trillium grandiflorum), Hairy Solomon's Seal (Polygonatum biflorum), Red Baneberry (Actaea rubra), Liver-leaf (Anemone hepatica), Squirrel Corn (Dicentra canadensis), Two-leaved Mitrewort (Mitella diphylla), Coolwort (Tiarella cordifolia), Hairy Sweet Cicely (Osmorrhiza Claytoni), Enchanter's Nightshade (Circaea lutetiana), Wild Sarsaparilla (Aralia nudicaulis), Roundleaved American Wintergreen (Pyrola americana), Blue Wood Aster (Aster cordifolius), Broad-leaved Golden Rod (Solidago flexicaulis), Tall Rattlesnake-root (Prenanthes trifoliolata), and many others.

Characteristic of swampy open ground are a number of species with showy flowers such as Purple Fringed Orchid (Habenaria psycodes), Drooping Ladies' Tresses (Spiranthes cernua), Closed Gentian (Gentiana Andrewsii), Turtle Head (Chelone glabra), Square-stemmed Aster (Aster puniceus), Golden Ragwort (Senecio aureus).

Macoun and Malte,²³ after noting the succession of spring, summer, and autumn flowers in this region, call special attention to the lavish display of colouring in the forest at the end of the growing season in the following passage:—

Very characteristic of the zone is the autumnal colouring of the leaves of trees, shrubs, and herbaceous plants. This autumnal colouring lasts a comparatively long time, from about the first week in September to the second week in October, dependent on the dryness of the season. During that period the most splendid display of colours is exhibited, especially in the open mixed woods where underbrush is well developed. Every shade of yellow, golden bronze, red and scarlet is mixed in a gorgeous symphony of colours generally most marvellously modulated by the sombre deep dark or bluish green of the conifers, which are dotted among the deciduous trees. No such wealth of colour is ever met with in any other country.

A feature of considerable interest, as has been pointed out by Fernald,^{36, 36} is the presence in Nova Scotia, doubtless due to the milder winter climate, of a number of plants characteristic of the Coastal Plain Region of the United States. Among these may be mentioned Lophiola americana, Lilaeopsis lineata, Sabbatia Kennedyana, Gerardia maritima, Utricularia subulata.

Specially characteristic of the Eastern Region are certain plants which, as pointed out by Fernald,³⁷ show a remarkable discontinuity in their distribution. In this connection he writes: "The splendid sunflower-like Senecio Pseudo-Arnica Less. abounds on the shores of Bering sea, thence southwestward to Japan and Northern Korea and southeastward to Vancouver island. Otherwise it is known only as a