

The Island is a plateau of low, rolling relief, with its highest elevations in the west where summits in the Long Range Mountains exceed 2,500 feet. Much of the surface is barren and rocky with innumerable ponds and swamps, and there is little land suitable for farming. The river valleys and the west coast are thickly forested and support a thriving wood-pulp industry. The deeply indented coast line has many harbours providing safe anchorage for the fishing vessels that support the important fishing industry. Fishing, mainly for cod, is carried on along the coasts of Newfoundland and Labrador and on the Grand Banks. Both the Island and Labrador have extensive mineral deposits. Iron ore is mined on Belle Island and lead-zinc-copper ore at Buchans in the interior of the Island. The vast iron-ore and water-power resources of Labrador are as yet undeveloped.

Prince Edward Island.—This, the smallest province of Canada, is about 120 miles in length, with an average width of 20 miles and has an area of 2,184 square miles. It lies just off the coast east of New Brunswick and north of Nova Scotia and is separated from both provinces by Northumberland Strait, from 10 to 25 miles wide.

The Island is almost trisected by the deep indentations of Malpeque Bay, north of the town of Summerside, and by the mouth of the Hillsborough River at Charlottetown, which nearly meets Tracadie Bay on the north side. Its rich, red soil and red sandstone formations are distinctive features, and no point on the Island attains a greater altitude than about 450 feet above sea-level. The climate, tempered by the surrounding waters of the Gulf of St. Lawrence and yet free from the rigours of Atlantic storms, combined with a fertile soil and sheltered harbours, offers great inducements to the pursuits of agriculture and fishing. The Province is noted for its relative predominance in the fox-farming industry, its lobster canneries, oyster beds, and the production of seed potatoes.

Nova Scotia.—The Province of Nova Scotia is 381 miles in length by 50 to 105 miles in width and has an area of about 21,068 square miles. The mainland is connected with the Province of New Brunswick by the Isthmus of Chignecto; the Island of Cape Breton forms the northeast portion. The latter is separated from the mainland by the narrow Strait of Canso and includes the famous salt-water Bras d'Or Lakes.

Nova Scotia is one of the leading provinces in the production of coal. The coalfields are bituminous, of good quality, well adapted to the production of coke and excellent for domestic use and for steam-raising purposes. The chief coalfields are at Sydney and Inverness on Cape Breton Island, and at Pictou and Cumberland on the mainland.

On the Atlantic side, the mainland is generally rocky and open to the sweep of Atlantic storms; it is deeply indented and has numerous harbours providing safety for the large fishing fleets that support the extensive fishing industry of the Province (see Chapter XIV). The slopes facing the Bay of Fundy and the Gulf of St. Lawrence are sheltered from the Atlantic by low mountainous ridges not exceeding an altitude of 1,500 feet and running through the centre of the Province. In striking contrast to the Atlantic side, they present fertile plains and river valleys especially adapted by climate and situation to the growth of apples, pears and other fruits.

New Brunswick.—New Brunswick is nearly rectangular in shape with an area of 27,985 square miles and may be compared in size to Ireland (26,600 square miles). The Bay of Chaleur on the north, the Gulf of St. Lawrence and Northum-