

sediments that had been deposited in these seas. Recurrent igneous activity in Precambrian time was accompanied by ore deposition and the Shield is a great storehouse of mineral wealth.

The Interior Plains Region borders the Shield on the west and south. It is underlain by Palæozoic, Mesozoic, and locally Tertiary strata, for the most part flat-lying or only slightly disturbed. The boundary with the Shield is an erosional



one, marked by the edges of the overlapping sediments. Small areas within the Shield and larger ones, such as the Hudson Bay Lowland bordering the west coast of James and Hudson Bays, and parts of the Arctic Islands, are outliers of this Region. Southern Ontario and most of the lowland belt along the St. Lawrence River form another area which, though geographically separated in Canada from the western plains, is united with them through the United States to the south. Between the Interior Plains and the remaining two major geological regions—the Appalachian to the east and the Cordilleran to the west—the essential difference is that, whereas the strata of the Plains lie horizontally, those of the other two are for the most part highly deformed as a result of mountain-building movements.

The Appalachian Region includes the Provinces of Nova Scotia, New Brunswick, Prince Edward Island, Newfoundland, and that part of the Province of Quebec lying south and east of the St. Lawrence River. It is a continuation of the Appalachian Mountain System of the United States and, like it, is underlain largely by