

One of these ice sheets gathered west of Hudson Bay, another in the heart of Labrador. From these centres the ice moved out in all directions and in its advance scoured off the residual soil, smoothed down the topography, polished and striated rock surfaces and, by scattering debris irregularly, completely disorganized the drainage. The result was the formation of thousands of lakes of all sizes and shapes. In some of the temporary lakes situated in front of the ice during its retreat, clay and other fine stratified deposits accumulated forming what are known as clay belts.

Geologically, the rocks of the Shield are all very old having been formed in Precambrian time but include sedimentary, volcanic and intrusive varieties of widely different ages. In succeeding eras, the Shield suffered vertical movement at intervals but it has been unaffected by folding or mountain-building deformation. The Canadian Shield is a great storehouse of mineral wealth, particularly of metals. Its gold ores, the copper-zinc-sulphide replacement deposits of Noranda, Flin Flon, etc., and many other ore-occurrences were formed by mineralization given off by intrusive masses during the late stages of their cooling. In eastern Ontario and western Quebec, where granite has intruded limestone and other sediments, there occur deposits of mica, graphite, feldspar, magnesite, fluorite and other minerals.

**The Appalachian Region.**—This Region includes the Provinces of Nova Scotia, New Brunswick, Prince Edward Island, the Island of Newfoundland and that part of Quebec lying south and east of the St. Lawrence River. It is mountainous or hilly, the highest elevation—4,200 feet—is that of Mount Jacques Cartier on Tabletop Mountain, in the Shickshoek Range in central Gaspé.

The rocks of this Region include sediments, volcanics and intrusives chiefly of Palæozoic age with rocks of Precambrian age in local areas on the Island of Newfoundland, New Brunswick, Cape Breton Island and southwestern Quebec. Ordovician strata in Newfoundland contain important deposits of iron. Rocks of Carboniferous age have large coal deposits and also gypsum. Zinc, lead and copper are mined at Red Indian Lake in Newfoundland and other mineral occurrences are known.

**The Interior Plains Region.**—The Interior Plains are part of the great plains region in the interior of the continent and, in Canada, extend through Manitoba, Saskatchewan, and Alberta northwest to the Arctic Ocean. Other areas, such as the St. Lawrence Lowlands stretching from Lake Huron northeasterly to Anticosti Island and the Hudson Bay Lowland bordering the west side of Hudson Bay, are regarded as outliers of this Region.

The Plains of Western Canada slope gently eastward from an elevation of 4,000 feet in western Alberta to about 500 feet in southern Manitoba; they show a flat surface interrupted by deep-incised valleys and by many flat-topped hills or mesas. Glacial deposits particularly clays laid down in glacial Lake Agassiz, which existed during the late stages of the melting of the Pleistocene ice sheet, are responsible for the soils that produce the wheat crops of Manitoba and Saskatchewan.

The border of the Mesozoic strata in Manitoba and Saskatchewan is a steep rise known as the Manitoba Escarpment. Westward the surface rises from 1,000 to 2,000 feet at the escarpment to 4,000 to 5,000 feet at the border with the mountains of the Cordilleran region. Bituminous coal, lignites, natural gas and bituminous