

to that of the St. Lawrence Lowlands, but there the likeness ends. In the past, marine transgression buried the northern Palæozoics, masking the effects of the underlying rocks. Much of the land, then, consists of great stretches of old marine beds sloping down from one raised beach to the other. Through these thrust occasional masses of drumlins and periodic outcrops of rock. Moreover, the climate is arctic and therefore vegetation is limited to grass, moss and lichen, and soil development is inhibited. Thus these northern plains are of little economic value except for some hunting and trapping.

The plains may be divided into four sub-regions: the coast plain of Hudson Bay, between Churchill and Moosonee; the southern part of Southampton Island, and Coats and Mansel Islands; most of the islands and parts of the coast of Foxe Basin; and parts of the southern Arctic Archipelago, including northwest Baffin, Somerset, Prince of Wales, eastern Victoria and eastern Banks Islands.

**The Canadian Appalachians.**—These are a part of the great range of fold mountains extending from Newfoundland through the Maritimes and southeast Quebec to Tennessee and, beyond the Mississippi, to Arkansas. They were thrown up chiefly in Silurian, Devonian and Carboniferous times, thus involving Palæozoic strata. In those times, two long geosynclines ran through the region—the Laurentian and the Acadian. The former extended from northwest Newfoundland through the Gaspé Peninsula and southeast Quebec, and gave birth to the Long Range of Newfoundland and the Shickshock and Notre Dame Mountains of Quebec. The Acadian geosyncline reached from southeast Newfoundland through Nova Scotia and eastern New Brunswick and was responsible for the uplands of those regions.

Between the mountain ranges are wide basins, floored by sandstone, notably those of Prince Edward Island, Minas basin, and the Annapolis and St. John valleys. The whole complex mass of mountains was planed down by prolonged erosion, so that elevation is moderate, not more than 4,200 feet, and outlines are long and smooth with few sharp crests. The name of the highest area, Tabletop Mountain in the Shickshocks, is indicative of the subdued topography. Subsequently the region was glaciated and small glacial lakes, valley moraines and outwash fans play a significant role in scenery and occupation. Raised beaches to a height of 250 feet line many stretches of coast and are marked by roads and settlements. The rivers have been strongly rejuvenated and are lined with terraces, particularly valuable for cultivation. Intrusions of granite and trap are frequent. The trap sill forming North Mountain in Nova Scotia encloses the famous Annapolis Valley.

Many of the igneous intrusions are associated with metals, as at Bathurst in New Brunswick where large deposits of lead and zinc are found. At one time gold was mined about the intrusions in Nova Scotia. A large deposit of iron at Wabana and deposits of lead and zinc at Buchans, Newfoundland, are important. On the edge of the region, in the Eastern Townships of Quebec, is the world's largest supply of asbestos. Finally, significant deposits of coal occur in Cape Breton Island, Nova Scotia, and on the coasts of Northumberland Sound in New Brunswick. Thus, though the fertile plains of the sheltered basins included in the fold belts have long made the region predominantly agricultural, the mineral resources are the basis for limited but thriving industries. Lumbering on forest-clad hills and fishing from the bays of a much-indented coast further diversify the activities of the region.