

7.—Principal Heights in each Province and Territory—concluded

Province or Territory and Height	Elevation	Territory and Height	Elevation
	ft.		ft.
British Columbia—concluded		Yukon Territory—concluded	
Rockies—concluded		St. Elias Mountains—concluded	
Consolation.....	11,200	Mount Steele.....	16,440
The Helmet.....	11,160	Mount Wood.....	15,880
Whitehorn Mountain.....	11,101	*Mount Vancouver.....	15,700 ³
Mount Huber.....	11,051	*Mount Hubbard.....	14,950 ³
Geikie.....	11,016	Mount Walsh.....	14,780
Bush.....	11,000	*Mount Alverstone.....	14,500 ³
Freshfield.....	10,945	McArthur Peak.....	14,400
Mount Mummery.....	10,918	Mount Augusta.....	14,070
Mount Vaux.....	10,881	Strickland.....	13,818
*Mount Ball.....	10,865 ¹	Mount Newton.....	13,811
Mount Sir Alexander.....	10,740	Mount Cook.....	13,760
Churchill Peak.....	10,500	Mount Craig.....	13,250
Mount Stephen.....	10,495	Badham.....	12,625
Cathedral Mountain.....	10,464	Mount Malaspina.....	12,150
Mount Gordon.....	10,346	Mount Jeannette.....	11,700
President.....	10,287	Baird.....	11,375
Mount Odaray.....	10,175	Mount Seattle.....	10,070
Mount Laussedat.....	10,035		
Mount Burgess.....	8,473		
Yukon Territory		Northwest Territories	
St. Elias Mountains—		Franklin Mountains—	
Mount Logan.....	19,850	Mount Deltmore.....	6,800
*Mount St. Elias.....	18,008 ³	Mount Clark.....	4,733
Mount Lucania.....	17,150	*Mount Rawlinson.....	5,000
King Peak.....	17,130	Nelson Head.....	1,000
		Mount Pelly.....	675

¹ Part of the Alberta-British Columbia boundary.² Part of the British Columbia-Alaska boundary.³ Part of the Yukon-Alaska boundary.

Section 2.—Economic Geography

The main physical and economic features of each of the political divisions of Canada—the provinces and territories—are described briefly in the 1956 Year Book at pp. 12-17 and are also covered in their relation to climate in the 1959 edition at pp. 23-51. However, the economic development of the country, based in the first instance on physical features and later on other factors, has formed regions quite distinct from the political divisions. These economic regions are described in the following special article.

ECONOMIC REGIONS OF CANADA*

The map of Canada that is most familiar shows the country divided into provinces and territories—in other words, a political map. Almost as familiar, perhaps, is the map of Canada that shows topography—the distribution of the mountains, plains and plateaux, and usually also the lakes and principal river systems. Neither of these maps, however, shows the relative economic importance of the various parts of Canada nor the different emphasis which the economy has in different parts of the country. The key to these differences lies in the distribution of population, for this sums up all other factors in terms of human ends and means. The outstanding feature of the distribution of population in Canada has always been its unevenness. Today, Montreal and Toronto each has well over a million people in a rather small metropolitan area, while in the Northwest Territories there are but 23,000 persons scattered over more than a million and a quarter square miles. The city of Ottawa alone, with a population of over 268,000, has more than ten times as many people as the whole of the Northwest Territories. Thus, 90 p.c. of the people of Canada live on 10 p.c. of the land. The larger part of the population is distributed over a

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