

The Island in 1961 had a population of 444,319, close to 40 p.c. of whom resided on the Avalon Peninsula and on the eastern shores of Placentia and Trinity Bays which separate the peninsula from the Island and around Bonavista Bay immediately to the north. The capital city of St. John's, situated on the east coast of the peninsula, had, with its environs, a population of 90,838 and the other important urban areas were Corner Brook on the west coast and Grand Falls in the north, both pulp and paper centres. The remainder of the people live in small groups along the coasts and depend mostly on the sea for their livelihood and for contact with other communities and the outside world.

**Nova Scotia.**—Nova Scotia may be described as a peninsula, 381 miles in length and from 50 to 105 miles in width—an area of 21,425 sq. miles almost surrounded by the waters of the Bay of Fundy, the Atlantic Ocean, the Gulf of St. Lawrence and Northumberland Strait. Midway along its western boundary it is connected with the Province of New Brunswick by the Isthmus of Chignecto, a neck of land about 15 miles across. The northeastern portion of the province, an area of 3,975 sq. miles known as Cape Breton Island, is separated from the mainland by the narrow Strait of Canso, now traversed by a permanent causeway. The Island is itself almost bisected from northeast to southwest by the salt water Bras d'Or Lakes, and consists mainly of a wooded upland rising in the north to a height of 1,747 feet, the highest point in the province. Most of the mainland is of low relief. Ridges not exceeding an altitude of 1,000 feet run through the centre of the province and there is an upland surface known as the Cobequid Mountains running east and west to the north of the Bay of Fundy, this upland being about 900 feet high, from eight to 12 miles wide and 85 miles long; a few low rounded remnants rise to 1,000 or 1,100 feet. Although the climate of Nova Scotia is continental rather than marine, the temperatures both summer and winter are more moderate than in interior continental areas in the same latitude and the seasons somewhat later. Winters are particularly stormy on the Atlantic Coast and fog is prevalent throughout the year. The Atlantic side of the province is generally rocky and deeply indented with bays and inlets providing many excellent harbours. Trawlers and draggers operating from these harbours supply cod and other groundfish to the processing plants in their home ports and smaller vessels fishing the inshore waters, both on the Atlantic Coast and in the Bay of Fundy, harvest large quantities of pelagic and estuarial species. Lobster has become the most valuable of Nova Scotia's sea products; most of the catch is marketed alive or as chilled or frozen lobster meat, and the remainder is canned. There are 42 plants in the province producing frozen fish products.

The slopes of the Bay of Fundy and Northumberland Strait, protected from Atlantic storms, are the main agricultural areas of the province. The climate is suitable for dairy, poultry and mixed farming and, in some sections, fruit growing; strawberries and blueberries are the principal small fruits produced. The Annapolis Valley, along the coast of the Bay of Fundy, is internationally known for its apple orchards and some 44,000 acres of fertile tidal marshland have been added to this area by protection from saltwater flooding. Elsewhere in the province agriculture is patchy and often a part-time occupation.

Mineral resources include coal, gypsum and salt. Nova Scotia is a leading producer of good bituminous coal suitable for the production of coke and excellent for domestic use, although recently the demand for coal has been declining and the coal-producing areas, particularly Springhill and Stellarton, have been hard hit economically. The large steel mills of Glace Bay were established there to make use of the coal available in that area and the iron ore easily transportable by water across the Cabot Strait from the Wabana mines of Newfoundland. Large gypsum deposits in the central area provide over 82 p.c. of Canada's output of this mineral and the construction of the Canso Causeway created an ice-free harbour at Point Tupper and thus facilitated the exploitation of other large gypsum deposits at Denys Station on Cape Breton Island. Quantities of rock salt are mined on the northwest mainland. The forested area of the province is proportionately very large and most of it is regarded as productive. The output of the 500 sawmills of all sizes is most