

the interior of Nova Scotia, New Brunswick and the Gaspé Peninsula are vacant. On the island of Newfoundland in a broken fringe around the coast and on the shores of the St. Lawrence River below Quebec City there are only narrow bands of settlement.

About 57.8% of Canada's population lives between the American border and a 650-mile (1 046 km) east-west line from Quebec City to Sault Ste Marie. The eight largest cities in this block (Montreal, Toronto, Hamilton, Ottawa, London, Windsor, Quebec City, Kitchener) account for more than one third of the Canadian population.

The largest tract of continuous settlement is in the Prairie provinces, with a southern margin along the American border of some 900 miles (1 448 km). At its easternmost reach in Manitoba the northern margin of continuous settlement is about 100 miles (161 km) north of the international boundary; in the west, the northern margin reaches the 55th parallel, about 400 miles (644 km) north of the boundary. This block occupies about 6.2% of the area of Canada and contains four cities (Edmonton, Calgary, Winnipeg, Regina). North of this block, the Peace River district, astride the Alberta-British Columbia border, is an agricultural area which reaches the 57th parallel.

There is continuity of settlement throughout the southern half of British Columbia in narrow interconnecting strips following mountain valleys and coastal plains. British Columbia's greater population density, however, is in the Lower Fraser Valley, principally in the Vancouver metropolitan area.

North of the areas already described there are a number of disjunct settlements, the most notable in regard to size being in Ontario and Quebec between the 47th and 50th parallels. From east to west these are: the Lac St-Jean Lowland some 100 miles (161 km) north of Quebec City, the Clay Belts astride the Ontario-Quebec border, the Lakehead, and the Dryden and Fort Frances areas in Ontario near the Manitoba boundary. Outside these urban-rural blocks there are numerous settlements related to mining, forest industries, transportation, administration, defence, hunting, and fishing but with little or no agricultural base.

The geographical knowledge of Canada is reasonably complete considering its size and large areas of difficult access. The whole country has been surveyed and mapped. Comparisons of different features and areas can be made, as all map sheets of a series are drawn to the same specifications, and vertical air photographs showing still more details of the terrain are available for the whole country, varying in scale from about one inch to the mile (2.5 cm to the km) in the Arctic to four inches to the mile (10.2 cm to the km) or larger in settled areas. (See sub-section 1.1.5 Surveying and mapping.)

The Canadian Permanent Committee on Geographical Names, administered by the Department of Energy, Mines and Resources, deals with all questions of geographical nomenclature affecting Canada and undertakes research and investigation into the origin and usage of geographical names. The committee is composed of representatives of the federal mapping agencies and other federal agencies concerned with nomenclature and one appointed by each province.

### 1.1.1 Mountains and other heights

The great Cordilleran mountain system is Canada's most impressive physical feature. Many peaks in the various ranges embodied in the Canadian Cordillera are over 15,000 ft (over 4 500 m) in height, and a total of approximately 580 sq miles (1 502 km<sup>2</sup>) of territory lies above the 10,000-ft (3 048 m) mark. Mount Logan in the St. Elias Mountains of the Yukon Territory, which rises 19,524 ft (5 951 m) above sea level, is the highest point in Canada.

The highest points in each province are: Newfoundland, 5,232 ft (1 595 m); Prince Edward Island, 465 ft (142 m); Nova Scotia, 1,747 ft (532 m); New Brunswick, 2,690 ft (820 m); Quebec, 5,210 ft (1 588 m); Ontario, 2,275 ft (693 m); Manitoba, 2,729 ft (832 m); Saskatchewan, 4,567 ft (1 392 m);