estimates for provinces, the births in the metropolitan areas were added to the census population and deaths subtracted. Immigrants reporting these metropolitan areas as places of destination were added and allowances made for losses by emigration. Also, the net in-movement by internal migration was calculated from family allowances and other data.

Population density

At 2.49 persons a square kilometre in 1976, Canada's average population density still ranks among the lowest in the world. Table 4.10 shows that if the Yukon Territory and Northwest Territories were omitted from this calculation, there would be 4.21 persons/km² in 1976 compared to 3.67 persons/km² in 1966 and 2.95 persons/km² in 1956. However, such average density figures over all types of land terrain and open spaces in the country or in individual provinces obscure the high urban densities which can reach close to 7,722 persons/km² as in Montreal and Toronto. Moreover, the highest provincial densities are not necessarily found among the provinces with the largest populations. For example, the highest average density of any province is that of Prince Edward Island (20.90 persons/km²) which has the smallest population and represents an anomaly resulting from its limited land area rather than from heavy concentrations of population. In contrast, the far more populous British Columbia, with its vast mountainous regions and areas of sparse population, has an average density of only 2.65 persons/km².

Urban and rural

The urban population was defined in the 1976 Census as all persons living in an area having a population concentration of 1,000 or more and a population density of at least 386 a square kilometre. All the remaining population was classified as rural.

Over 75.5% of Canada's population lived in an urban environment, with the degree of urbanization ranging from 37.1% in Prince Edward Island to 81.2% in Ontario. In comparison with the national average, only Ontario, Quebec and British Columbia were more highly urbanized (Table 4.11).

The rural population, 24.5% of the Canadian total in 1976, is classified in Table 4.11 as non-farm or farm. The rural farm population was defined for census purposes as persons living in rural areas on an agricultural holding of at least 0.4 hectares (one or more acres) with sales of agricultural products amounting to \$1,200 or more in the previous year. The rural non-farm category in 1976 accounted for 20.0% of the population, compared to 4.5% for the rural farm segment.

Demographic and social characteristics

Sex, age and marital status

The distribution of a population by age, sex and marital status represents the effect of the most fundamental variables of vital trends: births, deaths, marriages, and dissolutions of marriages. Social and economic factors, by their effects on vital events and migration, also influence this distribution. An unbroken series of census data is available as far back as the first census of Canada in 1871; only recent trends are summarized here.

Sex ratios. The demographic history of Canada has been characterized by an excess of males until recently. Thus, over the past century the sex ratio (number of males per 100 females) reached a peak of 113 in 1911 following a decade of heavy immigration in which males have traditionally predominated. By 1971 the sex ratio had almost evened out at 100.2 with only 22,425 more males than females in a total population of over 21.5 million. The 1976 Census was the first Canadian census to record more females than males, the sex ratio being 99.2 (Table 4.12). In the older settled provinces the sex ratio has varied between Nova Scotia's 104 in 1911, and Quebec's and Ontario's 1976 ratios of 98. In the West, which was being rapidly settled early in this century, the sex ratio has ranged between Alberta's 1911 high of 149 and Manitoba's 1976 figure of 99.

4.2.3

4.2.4

4.3