

## PHYSICAL SETTING

### 1.1 Dimensions

Canada is the largest country in the Western Hemisphere and second largest in the world. Its territory is diverse, ranging from wide fertile prairies and farmlands, great areas of mountains, rocks and lakes to northern wilderness and Arctic tundra. The greatest north-south distance is from Cape Columbia on Ellesmere Island to Middle Island in Lake Erie, 4 634 km. The greatest east-west distance is from Cape Spear, Nfld. to the Yukon-Alaska border, 5 514 km.

Although the area is recorded as 9 970 610 km<sup>2</sup> for land and freshwater, Canada also encompasses the Canadian continental margin. The offshore areas of the margin, including Hudson Bay, cover over 6.5 million square kilometres, an area equivalent to over 60% of Canada's total onshore area.

#### 1.1.1 Regional geography

Politically, Canada is divided into 10 provinces and two territories. Each province administers its own natural resources. The resources (except for game) of Yukon and Northwest Territories are administered by the federal government, because of the extent and remoteness of the territories and their sparse population. Land and freshwater areas of the provinces and territories are given in Table 1.1. Throughout the *Canada Year Book* the provinces are listed from east to west, followed by the territories.

**Newfoundland** is Canada's most easterly province. The larger part, Labrador, borders the North Atlantic Coast to Hudson Strait and extends inland about 750 km toward its southern end. The surface is mostly a barren mosaic of rocks, swamps and lakes; its rugged coastline has promontories rising directly from the sea. The extreme northern area is dominated by the Torngat Mountains, rising to 1 620 m. Labrador has a rigorous climate and is snow-covered for more than half the year. Many of its river valleys are well forested. Rivers have numerous falls suitable for hydro development, such as Churchill Falls. Coastal waters abound in fish. The Precambrian rocks have mineral potential; iron ore is Labrador's greatest source of wealth.

The Island of Newfoundland is also rugged. The Long Range Mountains parallel the western coast and rise to heights of over 800 m. Old, worn-down fold-ridges have axes trending northeast to southwest. Much of the surface is barren and rocky and has innumerable ponds and swamps, the drainage having been deranged in the last glaciation. The moderating influence of the sea is reduced by the cold waters of the Labrador current sweeping along the East and West coasts. Summers are cool and winters relatively mild.

The capital city is St. John's, on the East Coast of the Avalon Peninsula. Other urban areas are Corner Brook on the West Coast and Grand Falls in the central part of the island, both pulp and paper centres.

**Prince Edward Island.** The smallest province is cradled in the Gulf of St. Lawrence, east of New Brunswick and north of Nova Scotia and separated from them by the Northumberland Strait. It has no pronounced upland but attains an altitude of about 140 m above sea level. The coast is greatly indented and has many bays and inlets running inland in every direction. Influenced by the sea, the climate is quite moderate except for occasional extreme lows in winter.

The capital of Prince Edward Island is Charlottetown.

**Nova Scotia** is a peninsular province almost surrounded by waters of the Bay of Fundy, the Atlantic Ocean, the Gulf of St. Lawrence and Northumberland Strait. It is connected with New Brunswick by the Isthmus of Chignecto. The northeastern portion, Cape Breton Island, is separated from the mainland by the Strait of Canso, now traversed by a permanent causeway. The island is almost bisected from northeast to southwest by the saltwater Bras d'Or Lake; a wooded upland rises in the North. Most of the mainland is of low relief. Summer and winter temperatures are more moderate than in interior continental areas at the same latitude and the seasons are somewhat later. Winters are stormy on the Atlantic Coast and fog is prevalent all year. The Atlantic side is rocky and deeply indented with bays and inlets providing many harbours.