

The two large urban areas are Halifax-Dartmouth and Sydney-Glace Bay. Halifax, the capital, is situated on one of the best landlocked harbours in the world.

**New Brunswick** is nearly rectangular with an extensive seacoast provided by the Chaleur Bay on the North, the Gulf of St. Lawrence and Northumberland Strait on the East, and the Bay of Fundy on the South. It adjoins Quebec and the United States.

The surface is mostly undulating. A north-western plateau, 300 to 450 m above sea level, is deeply dissected by valleys leading to the Saint John River which flows generally southward across the province. The central highlands consist of a dissected plateau about 610 m above sea level. A maritime plain slopes eastward from the highlands and extends along the coast of New Brunswick from the southern shore of Chaleur Bay. New Brunswick's climate reflects the moderating influence of the sea. Seasons are somewhat delayed and temperatures in the interior are more extreme than on the coasts.

Fredericton is the capital. Saint John, at the mouth of the Saint John River, is the principal port and industrial centre.

**Quebec**, the largest province in area, extends north and west of the St. Lawrence River and Gulf of St. Lawrence to Hudson Strait and Hudson Bay and a line running due south of James Bay; it is bounded on the southwest by the Ottawa River and on the northeast by Labrador. South of the St. Lawrence are the Eastern Townships and the Gaspé Peninsula.

Physiographically, Quebec has three regions. The plateau-like highlands of the Canadian Shield occupy the greater part of the area north of the St. Lawrence River. Made up of a mass of ancient and mainly hard rocks, they present a rough, broken surface strewn with lakes. The Appalachian Mountains extend through the area south of the St. Lawrence. The St. Lawrence lowlands are low and flat, covered by deep clay deposited when the area was invaded by the Champlain Sea after the melting of Pleistocene ice. In this fertile agricultural area the people for generations gained their livelihood from the land. Although now far outranked by manufacturing as an employer, agriculture is still a fundamental way of life.

In the St. Lawrence Valley, the frost-free season extends from early May to late September. Northward and westward, winter temperatures become more extreme and the summers cooler.

Montreal, the largest city, is one of the great industrial, commercial and financial centres of the continent. The capital city of Quebec was founded by Champlain in 1608.

**Ontario** has a freshwater shoreline on the Great Lakes and a northern saltwater shoreline on Hudson Bay and James Bay.

Ontario has two major geological regions, the Canadian Shield and the gentler lowlands of the Great Lakes-St. Lawrence region. The Canadian Shield terrain, a rugged, rocky plateau strewn with lakes and muskeg, is a difficult surface over which ground transportation routes have been constructed with great effort. The height of land lies in a wide crescent north of Lake Superior. A slope descends gently toward James Bay and Hudson Bay to a marginal strip, the Hudson Bay lowlands. This area bears the brunt of severe winter cold waves moving east from the Prairies or south from the Arctic across Hudson Bay. Summers, though warm, are short.

The southern lowlands region, about one-sixth the size of northern Ontario, has such glacial features as rock plains, morainic hills, till plains, clay plains, drumlins and sand plains. The southwestern tip extends farther south than any other part of Canada. Peninsular Ontario has a much milder climate than the northern districts. Since it lies in a major storm track, wide variations occur in weather, especially in winter, but conditions of severe cold or excessive warmth are not prolonged.

This lowlands area is densely populated and highly industrialized. Favourable climate, fertile soil and ease of travel over relatively unobstructed terrain and on the St. Lawrence River and the Great Lakes influenced population growth and agriculture became well established. Early colonial settlements have become highly industrialized and produce almost every product required by consumers. The area is now one of the world's great industrial agglomerations with the provincial capital, Toronto, as its focal point.

**Manitoba** is the most easterly of the three Prairie provinces. It has two distinct topographic forms, the largest part within the Canadian Shield. The demarcation line begins close to the southeast boundary and runs diagonally northwest through Lake Winnipeg to the Saskatchewan border. The northern area has heavily glaciated topography and deranged drainage. Its major rivers, Nelson and Churchill, flow into Hudson Bay. The southwestern portion is the lowest of three step-like formations across the great central plains. It is floored by deep fertile clay soils left by glacial lakes that once covered the area. It is separated from the Saskatchewan plain along its western boundary by the Manitoba escarpment, a narrow belt of hilly terrain.

Manitoba has the greatest water-power potential of the three Prairie provinces. The North is well