

Canada's fresh-water area is extensive, constituting nearly 7 p.c. of the total area of the country. Its inland waterways, particularly with respect to transportation and the development of electric power, are among the most vital influences in the national economy.

1.—Approximate Land and Fresh-Water Areas, by Province

NOTE.—For a classification of land area as agricultural, forested, etc., see p. 20.

Province or Territory	Land	Fresh Water	Total	Percentage of Total Area
	sq. miles	sq. miles	sq. miles	
Newfoundland (incl. Labrador).....	147,994	7,370	155,364	4.0
Prince Edward Island.....	2,184	--	2,184	0.1
Nova Scotia.....	20,743	325	21,068	0.6
New Brunswick.....	27,473	512	27,985	0.7
Quebec.....	523,860	71,000	594,860	15.5
Ontario.....	343,141	64,441	412,582	10.7
Manitoba.....	219,723	26,789	246,512	6.4
Saskatchewan.....	220,182	31,518	251,700	6.6
Alberta.....	248,800	6,485	255,285	6.6
British Columbia.....	359,279	6,976	366,255	9.5
Yukon Territory.....	205,346	1,730	207,076	5.4
Northwest Territories.....	1,253,438	51,465	1,304,903	33.9
Franklin.....	541,768	7,500	549,268	14.3
Keewatin.....	218,460	9,700	228,160	5.9
Mackenzie.....	493,225	34,265	527,490	13.7
Canada.....	3,577,163	268,611	3,845,774	100.0

Section 1.—Physical Geography

Subsection 1.—Physiographic Divisions

Canada divides naturally into four major physiographic regions which are differentiated by geological history and structure. They include the Canadian Shield, the Appalachian Region, the Interior Plains Region and the Cordilleran Region. A fifth division, about which much less is known, includes a belt of folded rocks of Palæozoic and Mesozoic age in the northern part of the Arctic Archipelago. The following is a short description of these regions from the standpoint of topography and geology.

The Canadian Shield.—The Canadian Shield is a vast V-shaped area of approximately 1,800,000 sq. miles surrounding Hudson Bay and extending from the coast of Labrador west to the Interior Plains Region and south to the International Border. It is an area, for the most part, of low relief rarely rising more than 1,500 to 2,000 feet above sea-level, except in Labrador where altitudes of 5,000 feet occur. Its surface is hummocky, marked by irregular hills and ridges but these, over wide areas, do not rise more than 100 to 200 feet above the adjacent lakes and valleys. The numerous lakes and rivers that are everywhere so characteristic of the Shield—for it is the great lake region of the world, probably containing more lakes than all the rest of the world put together—were formed as the result of erosion and deposition by continental glaciers that covered the region during the Pleistocene epoch.

One of these ice sheets gathered west of Hudson Bay, another in the heart of Labrador. From these centres the ice moved out in all directions and in its advance scoured off the residual soil, smoothed down the topography, polished and striated