

The Island has low, rolling relief, with its highest elevations in the west where summits in the Long Range Mountains exceed 2,500 feet. Much of the surface is barren and rocky and has innumerable ponds and swamps. Most of the land is unsuitable for farming. The river valleys and the west coast are thickly forested and support a thriving woodpulp industry. The deeply indented coast line has many harbours providing safe anchorage for the fishing vessels that support the important fishing industry. Fishing, mainly for cod, is carried on along the coasts of Newfoundland and Labrador and on the Grand Banks. The Province of Newfoundland has extensive mineral deposits. Iron ore is mined from the huge Wabana deposits on Bell Island and production of iron ore from the large hematite deposits in the Labrador-Quebec region commenced in 1954 following completion of the 360 mile railway to connect the deposits with the port of Seven Islands. Lead-zinc-copper ore is mined at Buchans in the interior of the Island. The vast water-power resources of Labrador are in the first stages of development.

**Prince Edward Island.**—This, the smallest province of Canada, is about 120 miles in length with an average width of 20 miles and an area of 2,184 sq. miles. Prince Edward Island lies 10 to 20 miles off the mainland, east of New Brunswick and north of Nova Scotia, and is separated from these Provinces by Northumberland Strait.

The Island attains an altitude of about 450 feet above sea level and is almost trisected by the deep indentations of Malpeque Bay and by the mouth of the Hillsborough River, which nearly meets Tracadie Bay on the north side. Its rich, red soil and red sandstone formations are distinctive features. The climate is tempered by the surrounding waters of the Gulf of St. Lawrence and, combined with fertile soil and sheltered harbours, offers great inducements to the pursuits of agriculture and fishing. The Province is noted for its production of seed potatoes, its lobster canneries, oyster beds and fur farms.

**Nova Scotia.**—The Province of Nova Scotia is 381 miles in length by 50 to 105 miles in width and has an area of 21,068 sq. miles almost surrounded by the Bay of Fundy, the Atlantic Ocean and the Gulf of St. Lawrence. The mainland is connected with the Province of New Brunswick by the Isthmus of Chignecto. Cape Breton Island forms the northeast portion of the Province. It is separated from the mainland by the narrow Strait of Canso (which is now however traversed by a permanent causeway) and includes the famous saltwater Bras d'Or Lakes. On the Atlantic side the mainland is generally rocky and open to the sweep of Atlantic storms; it is extensively indented and has numerous harbours providing safety for the large fishing fleets that support the extensive fishing industry of the Province. The slopes facing the Bay of Fundy and the Gulf of St. Lawrence are sheltered from the Atlantic by low ridges not exceeding an altitude of 1,500 feet and running through the centre of the Province. In striking contrast to the rocky Atlantic side they present fertile plains and river valleys especially adapted by climate and situation to the growth of apples, pears and other fruits.

Nova Scotia is one of the leading provinces in the production of good quality bituminous coal suitable for the production of coke and excellent for domestic use and for steam-raising purposes. The chief coalfields are in the Sydney and Inverness areas on Cape Breton Island and in Pictou and Cumberland Counties on the mainland. Nova Scotia is also an important producer of salt, gypsum and barite.

**New Brunswick.**—New Brunswick is nearly rectangular in shape with an area of 27,985 sq. miles. The Bay of Chaleur on the north, the Gulf of St. Lawrence and Northumberland Strait on the east, the Bay of Fundy on the south, and Passamaquoddy Bay on the southwest provide the Province with a very extensive sea coast. It adjoins the United States on the west and the Province of Quebec on the north and northwest.

The surface of New Brunswick is mostly undulating, its highest elevation of 2,690 feet being in the vicinity of Grand Falls on the St. John River. In the northeastern half of the Province extensive areas of Crown lands carry valuable stands of merchantable