The out-migration rate was highest in Saskatchewan and lowest in Quebec. Ontario and Newfoundland, which showed relatively low in-migration rates, stood in the lower range of the scale in the out-migration as well. Alberta and British Columbia, which were exposed to intensive in-migration during this period, indicated the out-migration rate in the medium range; all other provinces fell between these two provinces and Saskatchewan in this score. In general, the provinces with a low in-migration rate were low in the out-migration rate as well, and the provinces with a high in-migration rate tended to be subject to a moderately high out-migration rate. Other provinces which showed a relatively high in-migration rate, on the other hand, were subjected to a considerably higher out-migration rate.

In net terms, British Columbia, which combined a high in-migration rate with a moderate out-migration rate, showed the highest relative gain. Alberta, whose in-migration rate was the highest in the country, stood second in this respect because of a somewhat higher out-migration rate than British Columbia. Ontario also gained slightly through interprovincial migration, although it showed low rates in both in-migration and out-migration. All other provinces suffered a slight net loss.

IV —Gross and Net Interprovincial Migration Rates of Population Five Years of Age or Over, for the Provinces and Territories, 1956–1961

Province or Territory	Estimated Total Population ¹	Migrants per 100 Population		
		In	Out	Net
	No.	No.	No.	No.
Newfoundland	374,769	1.6	2.8	-1.2
Prince Edward Island	87,055	. 5.6	6.9	-1.3
Nova Scotia	607,084	4.1	6.6	-2.5
New Brunswick	492,126	4.9	6.0	-1.1
Quebec	4,288,377	1.6	1.7	-0.2
Ontario	5,040,286	3.0	2.3	0.7
Manitoba	753,190	5.5	7.6	-2.1
Saskatchewan	767,280	4.2	8.6	-4.4
Alberta	1,058,696	7.5	5.9	1.6
British Columbia	1,308,972	6.7	4.1	2.5
Yukon and Northwest Territories	25,915	24.0	26.6	-2.6

¹ Excludes those who did not report their usual place of residence in 1956.

The net gain for the two western provinces of British Columbia and Alberta stemmed primarily from Saskatchewan. Although the absolute volume of outflow from Alberta to British Columbia was much larger than that from Saskatchewan, the net effectiveness of migration from Alberta to British Columbia was reduced substantially by a sizable counterflow. Ontario, the third gaining province, received most migrants from Quebec, although it was also a major source of migrants to Quebec. The prevailing picture for the gaining provinces was thus the dominance of the contribution made by migrants from neighbouring