thesis of a bloc; but, in a world of blocs, its role in building those bridges that are necessary to the emergence of a planetary community can be of immense value and significance.

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Canada fully appreciates the substantial contribution the Commonwealth can make to international peace and security, and has endorsed the idea of an "outward-looking" Commonwealth, one that would actively involve itself with international co-operation and offer, where appropriate, the good offices of the Commonwealth association in the resolution of world problems.

"Spirit of Ottawa" not an apparition

In 1973, Canada was host to the Commonwealth Heads of Government Meeting, and Prime Minister Trudeau played a major role in reiterating the need for these consultations to remain frank and informal. This dedication to the upholding of the casualness and intimacy of the heads of government discussions against the temptation to polemize or make speeches was taken up with renewed ardour by the participants. The subsequent consultations were carried out in a relaxed and straightforward manner that was referred to later as "The Spirit of Ottawa". This spirit preserves the unique and productive character of Commonwealth governmental consultations. As the Prime Minister remarked after the meeting:

We should not underestimate the immense benefits which flow from talking frankly to one another, understanding one another better, eliminating areas of prejudice and irritation, helping one another. These things the Commonwealth permits us to do as between governments, as between professional bodies, as between individuals. This is perhaps the greatest strength of the Commonwealth, this opportunity on a regular basis for men of goodwill to sit down together and discuss with one another the problems which affect them and the millions of people they represent. All the other advantages of the Commonwealth relationship — the exchange of people, the trade patterns, the economic assistance and co-operation schemes, the informality of diplomatic representation — these all assume their tone from the free and frank dialogue which takes place at the Heads of Government Meetings.

But are there real results from all this frank and forthright talk? Yes.

The acid test of Commonwealth co-operation and consultation lies in its contribution to the betterment of the way of life of the peoples of the Commonwealth. Talk has to be translated rapidly into action for the im-