



# STATEMENTS AND SPEECHES

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INFORMATION DIVISION  
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## CANADA INVESTS IN PHYSICAL FITNESS

Partial text of an address by Mr. J. Waldo Monteith, Minister of National Health and Welfare, on March 16, 1963, to the National Intercollegiate Hockey Playoffs Dinner, Kingston, Ontario.

...My presence here is a tribute to the Federal Fitness and Amateur Sport Programme, which I have had the very great satisfaction of introducing in Parliament and of administering since its inception. I would like to speak to you about this Programme tonight.

Perhaps I might first stress the title of the legislation, "An Act to Encourage Fitness and Amateur Sport". You will note the word "Encourage". Our purpose is simply to assist setting up the shots so that the people of Canada themselves may score the goals.

The second thing I would like to note is the position of the word "Fitness". It is not by accident that it comes first in the title of the Act; it has been first in our thinking. Unfortunately, in most of the publicity given the Programme, the order seems to have been reversed.

Assistance to sport, and especially to national and international competition, receives the publicity. Let none of us ever forget that the peaks cannot be reached without a broad base provided by participation right across the country.

We do not have the broad population base of the U.S. and Russia and some other nations, but we can produce our share of potential champions if our activities are wide enough to find and encourage them....

But at the same time we must remember that a national or international championship is not the only goal. Our Programme must encourage healthy, happy active living in all age groups of the population. Somehow we must break through the barriers presented by the increasingly easy way of western life, and what Kingsley Amis so aptly referred to in his novel Lucky Jim as our "prefabricated amusements".