A free media is a second area for action. An independent press is an important element in combating corruption and the abuse of human rights and in promoting and preserving freedom of speech and association. Canada has hosted journalists from many developing countries in the past. I believe there may be avenues for new initiatives in this area including assistance and dialogue on such matters as media ethics, the organization of a free press and media law.

A third area may be the institution of ombudsmen. Ombudsmen provide people with redress against legal abuse. The Canadian experience with this institution may be an area of interest to other countries.

A fourth area is public administration. A civil service which is excellent and impartial and well trained is key to ensuring the implementation of, and respect for, the rule of law which lies at the heart of democracy.

A fifth area is police training. Canada has established a unique program in Namibia, where we are following up our contribution to the UN effort with an initiative which involves training the Namibian police force to train themselves. Professional police, well trained in the law, reinforce a commitment to democracy and human rights.

These are not grand designs and they do not in and of themselves convert despotism into democracy. They are small steps. But that is how democracy is built and that is how we can move forward. Such steps educate, they build institutions and trust -- and in so doing they make democracy strong and human rights more secure.

Democracies are not inherently peaceful. But societies which are free and developed are less likely to choose war as a common course of action. In the global village we have become, it is in the interest of everyone that incentives to conflict be reduced and that the stakes in peace be strengthened.

The Cold War distorted our priorities and led us to neglect global problems. With the Cold War over, the world may at long last see freedom and justice for all as a factor for security, not just a frill for the few.

The pursuit of human rights and democracy is central to Canadian foreign policy. It is a commitment which comes from what Canada is. Canadians sometimes denigrate their own accomplishments. But what we have built here is unique. It is worth preserving and it is worth sharing. We have built a