several years, called for great and continuous effort and sacrifice on our part. It will continue throughout the foreseeable future to require more and more of the same.

We can hardly hope to understand or fully appreciate the twistings and turnings of the Soviet mind as it rings all the changes from sweet plausibility to bitter anger and unreasoning rage.

But we ought not to be deceived as to the real aims and purposes of Communism. The record in that respect is very clear. And we do know one thing, that the Soviets understand and respect strength. We must, therefore, if we would hope to prevent all out war, continue to lead from more and more strength.

That is not to say that we should not ceaselessly and sincerely seek a solution of all our difficulties by peaceful and diplomatic means. But we had better be cautious and careful and sup with our adversaries, when we must, with a long spoon.

May we now for a few moments consider Canada's contribution to that deterrent to which I referred a few moments ago.

The immediate and over-all aim of Canada's defence programme and planning is, of course, to provide for the security of Canada itself. Defence -- like charity -- begins at home. And any defence effort is based on military and scientific preparation, the extent of which at any given time and under any given circumstances is determined in the last analysis by the will of the people by democracy in action. Obviously, particularly in peace time -- and we are today living in a time of peace troubled and uncertain thought it may be -- democracies tend to look more to the development and prosperity of their country than to military preparations for its defence.

Following demobilization and readjustment after World War II, our active forces numbered less than 33,000 in all. Today we have some 116,000 officers and men in the regular forces maintained in a constant state of preparedness. The maintenance of such sizeable standing forces in time of peace is something new for this unmilitary nation and reflects very clearly the realistic approach of the Canadian people to the potential danger which threatens the world.

In our modernized Royal Canadian Navy, ready to protect our shores and the sea lanes, we have 44 war ships in commission with 35 in reserve and 20 under construction. The army has at home three infantry brigades and a mobile striking force as well as a brigade in Europe. The Royal Canadian Air Force maintains 17 regular squadrons in Canada and 12 in Europe.