Canada's economy has expanded rapidly in the post-war period, more rapidly than that of the United Kingdom and the United States. If past rates of economic growth are any indication, Canada may overtake the United Kingdom in terms of national income and national output within the next quarter of a century or so.

Canada recognizes its responsibility and its place in both Commonwealth aid and Commonwealth trade. Insofar as aid to less developed nations is concerned, the question which occupies us most urgently is not whether we should help them, but in what form our assistance will be most constructive and welcome. We know that it is an essential condition of true economic aid that markets be opened and opportunities found to sell and to assure reasonable return for the labourer and investment of the people of the developing land. Trade and aid are two sides of the same coin.

In this regard we warmly welcomed the announcement at the Commonwealth Conference to which I referred earlier, of the relaxation of import restrictions by the United Kingdom. Australia also has recently relaxed its dollar restrictions, the better to encourage a true Commonwealth trading partnership. Canada in turn has opened her markets for the godds of other countries. The fact is that last year we bought \$5.6 billion worth of goods from 128 countries all over the globe. This was about \$700 million more than we sold to other nations. So it is that Canadians express the fundamental belief in the benefits of international trade that I have said is the necessary complement to international aid.

We have found that in addition to developing international trade, there are four kinds of specific economic aid which will help a country speed up its development. They are: (a) capital aid, (b) technical assistance, (c) educational assistance and (d) food aid. We have used all four methods, both as givers and receivers. We shall continue to expand and diversify our programme of assistance within these four categories.

In deciding upon the form which economic aid should take, Canada tries to adopt a practical and flexible approach, attuned to the needs of the less-developed countries and to our own experience and capabilities. A large part of our aid in the past has been channelled through United Nations organization, but in some important cases, we have felt it more appropriate to use other media such as the Commonwealth. A well known illustration of this sort of aid programme is, of course, the Colombo Plan.

In the eight years since that unique mutual aid programme, the Colombo Plan was brought into existence it has resulted in the channelling of over \$3.5 billion in capital aid and technical assistance to the countries of Southeast Asia.