



CANADIAN WEEKLY BULLETIN

INFORMATION DIVISION • DEPARTMENT OF EXTERNAL AFFAIRS • OTTAWA, CANADA

Vol. 18 No. 13

March 27, 1963

CONTENTS

Healthy and Happy Living for Canadians.....	1	RCAF Wins Fire Awards.....	4
Private and Public Investment.....	3	RCOC to Celebrate Birthday.....	5
Heavy-Water Plant for Canada.....	3	Admission to University, 1962.....	5
Regional Price Indexes.....	4	Status of Chinese Immigrants.....	5
Works Seldom Seen on Exhibit.....	4	Forest Experts Meet in Ottawa.....	5
Museum Gets Viking Sword.....	4		

HEALTHY AND HAPPY LIVING FOR CANADIANS

Addressing the National Intercollegiate Hockey Playoffs Dinner in Kingston on March 16, the Minister of National Health and Welfare, Mr. J. Waldo Monteith, called attention to the fact that the title of the legislation establishing the Federal Fitness and Amateur Sport Programme, "An Act to Encourage Fitness and Amateur Sport", emphasized the word "encourage". "Our main purpose," he said, "is simply to assist in setting up the shots so that the people of Canada themselves may score the goals." Mr. Monteith's speech continued as follows in part:

"...The second thing I should 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 popula-

tion. 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'.

NON-COMPETITIVE SPORT

"I will spare you a sermon on this subject. But you will understand why, with these problems in mind, we have aimed for balance in our Programme. We give games their due, but what might be called the non-competitive sports are also receiving a fair share of our attention.

"Canoeing, camping, hiking, sailing, hostelling and the like are all a part of our way of life. We must learn to use and to conserve our heritage of forest, lake and mountain and to use it well, within the uses that nature intended, as well as mastering man-made games.

"Our Fitness and Amateur Sport Act came into effect as recently as January 1962. In co-operation with the provinces, we are still working our way towards full use of the maximum annual allocation of \$5 million provided under the Act, with \$2 million earmarked for the coming fiscal year.

"Through the National Advisory Council appointed under the Act, I receive the best possible advice on all the aspects of the many fields covered by the Programme. Included among these ladies and gentlemen are directors of schools of physical education, officials of national and international sports bodies, sportswriters, and persons who have been active in various community projects.