

couraged to be always a player, and not always a spectator? Rather than have a few champions, I would prefer to have a nation of boys and girls and men and women all taking exercise to keep physically fit, and this exercise would not cease with their youth but continue throughout their whole lives. This could only result in greatly improved health both physically and mentally for our people, and the expenditure of \$5 million a year would be insignificant compared to that result.

I stated that the effort to keep physically fit should not cease with our youth, but should continue throughout the years. There are in the Senate today members who are well along in years who are outstanding examples of what physical fitness can do for one's general well-being; they are as physically fit and mentally alert as many others who are many years their junior. I could mention a number of senators, but I ask permission to refer to one only. It is no secret that the honourable senator from Toronto-Trinity (Hon. Mr. Roebuck) is now in his eighties and can still play 18 holes of golf, often in the eighties, and without the use of a cart. No one would deny that he is not only physically fit, but is also mentally alert. And there are others in the Senate who are equally physically fit and mentally alert. The development of champions of that type should be the objective of this legislation.

There is another problem, one which I do not believe is peculiar to Canada but is one which we must face. I refer to our crowded psychiatric wards in general hospitals and in mental institutions, the bed capacity of which, although being increased yearly, does not keep up with the demand.

I am satisfied that the physical fitness of our people is directly related to their mental fitness. The honourable senator from North York (Hon. Mr. Sullivan) intimated something to that effect in his address: he related our physical well-being to our mental well-being. He is supported in that view by the Honourable Mr. Dymond, Minister of Health for Ontario who, speaking at Windsor on August 29, proposed a campaign to persuade Ontarians to do more walking and bicycle riding, to watch their weight and to avoid over-indulgence in smoking and drinking. This, he said, would be the work of the provincial council for physical fitness. He told the annual convention of the municipal association that he believes many ills of later life could be avoided if attention were paid to physical fitness. And I would emphasize this point which he made: Emotional health would also be improved.

Honourable senators, I would also refer to an article written by Dr. T. K. Cureton of the University of Illinois. This article was written as a result of intensive research which was undertaken, and he states with assurance that mental fitness is directly related to physical fitness. He said in part:

A decrease in physical endurance is accompanied by an increase in anxiety, over-sensitiveness, over-eating, mental fatigue and boredom.

It is therefore clear, honourable senators, that if the physical fitness of our people is raised they will be better able to face up to the severe mental strain which seems to be over-burdensome to so many.

I am pleased that provision is to be made for the expansion of facilities and services to train coaches and instructors. In most of our communities across Canada there are many organizations promoting sports of different kinds. These groups, or clubs, or whatever they are called, are rendering a most worthwhile service, but many of them lack trained leaders. They also lack facilities to enable citizens of all ages to take part in sports which keep them not only physically but also mentally fit.

Our schools could be used to a greater extent and to better advantage, both as to playing fields and gymnasiums. I am sure school boards would be glad to co-operate if they were assured that there was satisfactory supervision by trained leaders and competent coaches whose aim was to encourage as many of our citizens as possible to take part in games appropriate to their age and physical condition.

Honourable senators, as I said at the outset, I am pleased to support this bill, but I trust that the aim of those who administer it will be for the general physical and mental well-being of our citizens and not only for the winning of world championships.

Hon. Hariland de M. Molson: Honourable senators, I spoke at some length on this subject of fitness and sports last December and I assure you that I do not intend to bore you by repeating anything I said at that time. Of course we did not then have this bill before us. Now that we have had a chance to look at it, perhaps there are one or two observations that might be made.

In the first place I would like to say that from my own personal point of view I am delighted with the bill. I think it has every prospect of achieving not only a useful but a most vital purpose.

I gather from what I have heard and read so far that there are some misapprehensions. To begin with, I think that too much emphasis is being placed on this magic figure of \$5