

In many instances, it is through non-governmental organizations (NGO) that contacts are made. One of the most encouraging developments in Canada, for example, has been the expansion of the NGO network, through which more and more Canadians are becoming involved in and expressing their concerns about the international situation. These organizations are flourishing not only in areas such as disarmament, but also in working for a cleaner environment, and in the fields of human rights, and development. What they do is cut across national boundaries to link up with contacts and like-minded groups in other countries, in order to work together for their common objectives.

I recall that last year, I spoke at a conference in Toronto sponsored by Physicians for Social Responsibility, a group comprised of Canadian physicians concerned about the threat of nuclear war. A number of Soviet citizens participated at this event, following a cross-Canada tour where they met a large number of Canadians to discuss nuclear issues. But the physicians are not alone; lawyers, teachers, students have all developed their own networks of NGO's to raise public awareness and strengthen the dialogue on these issues.

Another important means of communication has been through twinning. In Canada, twinning is a well-established tradition, with over 200 cities and towns in Canada twinned