Self-reliance requires pride in a nation's own best traditions. One of the Canadian traditions of which I am most proud and one which has great significance for our role in the world at large is the tradition of adjustment and tolerance among peoples of many different races and religions. Because the descendants of two great peoples, French and Anglo-Saxon, had to learn to live together in this country and to prosper in peace, we learned to recognize each other's rights and sought and must continue to seek happy compromises as a basis for a healthy national life. When, in later stages of our history, people came to Canada in large numbers from countries other than France and Britain, they found here an attitude which was more tolerant than it would have been if we had not learned by trial and experience that nations need not be built on racial unity.

Canada was the first country within the then empire and today's Commonwealth which brought into being the recognition of religious freedom first, under the Quebec Act in 1774, when Roman Catholics were granted equality of rights some fifty years before the same rights were achieved in the United Kingdom and in 1828 to those of Jewish faith almost twenty years before the United Kingdom granted the same.

We have achieved in our tradition more than just a spirit of tolerance. We do not simply tolerate each other in Canada, we rejoice in the enrichment of our heritage and our culture from many varying sources. We rejoice also that our own experiences have taught us to reject vicious theories of race which have poisoned international relations and which stand in the way of the true fellowship of man.

We in Canada have tried to discharge the responsibilities which go with our blessings by supplying technical and financial assistance to other countries. We have contributed also our armed forces and our resources of experience and government to repel aggression and maintain peace in such distant lands as Korea, Indo-China, and the Middle East. These are contributions we consider it our duty to perform in accordance with our capacity in the cause of peace.

In Christian teaching, the cultivation of family life and the recognition of a responsibility towards other members of one's family is of great importance. Canada, as a nation, has a family life in its Commonwealth association. Like most other nations of the Commonwealth, we in Canada have grown from a condition of dependence and tutelage to one of full and sovereign responsibility. The virtue of our association is that the settlement of any differences we may have as in any family, has been made by mutual accommodation. As a result of this unique experience, it is possible for the Commonwealth to remain closely bound