aspirations of our friends and neighbours half a world away. Today, in the great lands of Asia strong tides of nationalism are at the flood. Great and vital forces have been liberated in these places -- once far away but now close as a Korean hillside -- with incalculable consequences for the future.

operative and friendly relations with Asian countries, we must free ourselves from our absorption in the present moment of time and range backward in history. The civilizations of the East have a long and illustrious past of which Asian peoples are justifiably proud. Their civilizations have been like sleeping giants, lying in caves and surrounded by treasures which are the memorials of their past greatness. These nations are now stirring from their long sleep. They are stretching and asking for room in which to exercise and develop themselves.

I am convinced that if these re-awakened Oriental civilizations, so different from our own, can be saved from being engulfed in the destructive tide of Communism, they will contribute greatly to the enrichment of the whole human race. But the process of mutual enhancement and mutual understanding cannot occur overnight.

The establishment of fruitful relations with the peoples of Asia will be a long and difficult process and will call for patience, sympathy and a realistic understanding of the social, economic and political forces now at work. But it will be well worth the effort for there is much that we ourselves can learn from the ancient wisdom of the East.

Canada and the United States together have only six and one-half per cent of the world population, but one-quarter of all the world's peoples live in the Indian sub-continent. It is an area rich in natural resources, yet, because of illiteracy and economic under-development, human poverty is almost universal. Health standards are distressingly low and life expectancy short. Surely, in determining the future course of human progress, these millions -- who know little or nothing of Communism or of democracy, but who know a great deal about hunger and privation and poverty -- will have something to say.

If we want to enlist their support for the kind of peaceful world we are seeking to achieve, we must undertaking to help themselves. The first essential is to provide food, clothing and shelter to meet their minimum basic needs, for the advantages of democracy mean little to men and women who are always hungry.

By helping the peoples of Asia to meet these physical needs through such far-reaching measures as the U.N. Technical Assistance Programme, the Commonwealth Colombo Plan and the Point Four Programme, we can give encouragement and support. But we must consider, too, their deep spiritual hungers. The lands of Asia have their own national and cultural birthrights which they cannot be expected to barter away for any amount of assistance from the West.