what we really need is for cooperation to replace conflict as the modus operandi of international relations, to improve the common security and economic development of all states. And by security I mean more than freedom from aggression. What we are talking about is security in a larger sense that encompasses economic and social development, the respect for and protection of human rights, the freedom to pursue human contacts without interference, and an end to discrimination and injustice -- as well as the pursuit of legitimate national defence interests and arms control and disarmament measures.

What are the available avenues that lead to re-building the human dimension in international relations? The answer, simply put, is through contacts — be it through travel, people—to—people, scholarly and scientific exchanges, correspondence, or through the "twinning" concept. In fact, these are just a few suggestions. The list is virtually endless. Between Canada and the Soviet Union, for example, we have established a number of important contacts through our mutual love for the game of hockey. Early in 1987, Canadian and Soviet teams will again come together, at Quebec City, to compete in "Rendez-vous '87", in the continuing "hockey contacts" that are followed closely and enjoyed by both our countries.