be achieved only by effort from within the countries. Outside sources can provide equipment and technical knowledge or capital, but the national will must assert itself and work for the nation.

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The Marshall Plan is an excellent illustration of this truth: if European nations had accepted North American aid with their arms folded, Europe could never have recovered economically from the devastation of the last war. In working together for the recovery of their respective economies, European powers have done as much one for another as the Marshall Plan has done for each.

As I have said, successful economic and social rehabilitation will not be achieved over-night. The problems are too complex and diverse for that. We know that even in a country like Canada the improvement of social conditions is a slow process, bound up with the whole of the human and natural resources of the country, and dependent upon education as much as upon economic development. It is too frequently forgotten that the populations most advanced socially have reached their high standard only progressively. As the Secretary of State for External Affairs said in this House last year, trying to move too quickly in too many directions at once, directions that are often opposite ones, can only lead to chaos. It is well known that economic progress in any field, whether it be by way of accelerated industrialization or by modernization of agricultural methods, upsets the old social structure and creates and intensifies social problems. If economic development is to be achieved without unnecessary disruption and hardship, it is important not to neglect the social problems, problems of health, education, labour conditions and social welfare.

On the other hand, it is not by completely exhausting a national economy for social needs that the social problem can be solved. On the contrary, the opportunity of solving it will be lost. There is a balance to be kept, a balance which differs according to countries, but which can be maintained only if social progress is founded on economic reality.

That being said, we must acknowledge that there exist today hundreds of millions of human beings, especially in Asia and Africa, whose living conditions are not only deplorable; they are intolerable. It is imperative that we help to remedy this state of affairs. Otherwise, the democratic world will remain at the mercy of a real enmity kindled for political ends in these peoples who are starving for bread and enlightenment.

If we expect the peoples of Asia, Africa and Latin America to share our belief in democracy and to stand with other nations of the free world in defence of the democratic way of life, we must help them to know the benefits of democracy. We must convince them, by genuine and practical co-operation, that our system does not tend to perpetuate economic and social injustice and class privilege. It is urgent, therefore, that we should continue, through the United Nations and outside it, as in the Colombo Plan, to assist under-developed countries to build up, little by little, conditions of economic stability and social well-being.

To conclude may I quote these words from a message of the President of the United States to Congress on March 6 last: