

met in Toronto in March, 1961. It was my privilege to serve as consultant to that committee. At that particular time certain findings were enumerated and prepared for future investigation, and I should like to outline briefly what that informed body's conclusions were. The personnel of that committee consisted of physiologists, neurologists, biochemists, cardiologists, physicians, and physical educators qualified to conduct research. Their discussions indicated gaps in our present knowledge, and pointed to the fact that research should be undertaken on many general problems. The committee, in the concluding paragraphs of its findings recommend as follows:

Collection of precise anthropometric data on Canadian school children of all ages in different provinces and information on the combined effect of growth and exercise on stature, weight, muscular and skeletal development.

Measurement of the physical working capacity of representative sections of the Canadian population, both for accurate comparison with data from other countries, and to enable changes over the course of years to be observed and measured.

Study of the effect of continuing physical activity or inactivity on normal biological ageing.

Study of the relationship between physical activity and specific disease morbidity.

Study of effect of different types of activity on physical performance.

It might interest honourable senators to know that in the Olympic games of 1960, Canada's showing was a national and international disgrace. In 26th place in the games, Canada trailed dismally behind smaller and poorer nations such as Bulgaria and New Zealand. Would it be that we have become a nation of flabby, overweight weaklings, and that we are bringing our children up to be the same? Children do not walk to school today. They are driven. We do not walk to the corner drug store to buy a pack of cigarettes, we take our car.

No government, unless it be a totalitarian government holding arbitrary powers over the daily lives of its subjects, can enforce fitness upon a nation. It is not possible to legislate muscles into the lazy, nor health and vigour into persons who never walk when they can drive and whose idea of sport is to watch a hockey game on television. It is possible, however, to legislate to provide the facilities which make sport and exercise attractive to young people.

Outside the narrow limits of professional, commercial sport, a youngster who takes an

interest in athletics can now go so far in his sport, but then is likely to find that there are no facilities for the advanced training which would bring him to the peak of performance. This is discouraging not only for the few potential champions who need constant coaching if they are to give of their best, but also for the thousands of ordinary youngsters who would like to continue in sport for the pure fun of it after they leave school.

This legislation properly directed, in my opinion, will be among the best investments the Canadian taxpayer has ever made. This legislation is primarily concerned with fitness and sports programs for the great mass of our population.

The program will give major emphasis to promoting amateur sport and fitness for all young Canadian people. It is the first time in the history of this country that there has ever been a determined effort to do anything about amateur sport and physical fitness. The legislation will set up and finance a national advisory council on fitness, recreational, and amateur sport. It will serve as a clearing house for ideas, a circle for planning and recommending where facilities are needed and training is required.

Although the government has charted the course, only continued pressure from public opinion and local authorities will bring success. Amateur sport circles will have to work harder, not less. It would be a pity if the entire attention of the new fitness program were given to youth. As I stated, the problem is far wider than that. Canada is becoming a nation of city dwellers whose lives may be filled with exciting ideas and dramatic experiences, but physically they are flabby; too many of them die young from preventable diseases and from failure to build up physical resistance.

I pointedly brought this to the attention of honourable senators in my speech before this House on February 10, 1960. The pioneer traditions of stamina and strength are almost forgotten. This athletic building program is not going to buy one cent's worth of physical fitness unless there is a general re-education of the Canadian people on their needs.

Canadians of all ages will be surprised what kind of muscles and co-ordination they can develop because, as you know, man is a social animal; he likes to talk but seldom listens. So we had better stop talking and start walking.

If I may again refer to my own experiences of thirty-three years ago in the Olympic games, at that particular time there were many of us who, had it not been for private philanthropy and the playing of a series of exhibition hockey games, would never have gone to St. Moritz and participated in the Olympic hockey games. As a result of this