example, the Royal Canadian Mounted Police (RCMP) have participated in several peacekeeping operations, in addition to providing ongoing assistance in fostering more democratically-based police functions in the Third World. Moreover, military contingents are more diverse than in the past, including personnel from southern as well as northern countries.

Peacekeeping has thus expanded to include measures to allay the underlying economic and social causes of internal or inter-state conflicts. For example, in the case of internal conflicts, the building of more democratic institutions often means that "international forces are required to assist in the education of the armed forces in the new state, [providing] advice on the role of the armed forces in a democracy, and [assisting] in establishing appropriate military structures and institutions."82 This learning process, to promote the military professionalism and loyalty to law that are necessary to democracy, may be absorbed by some of the participating peacekeeping forces as well as by the forces of the host country. Moreover, this attention to underlying causes means that peacekeeping has evolved from being an indirect help to being a direct contributor to institutional capacity-building.

The qualities of mind and special skills required of UN peacekeepers have had some enduring aspects as well as some newer ones lately. Of course, the context of peacekeeping work differs from other expatriate roles in its greater danger and lack of creature comforts. The chief personal qualities required are the ability to be totally impartial, often against one's predilections; discipline and restraint in the face of provocations; diplomatic and negotiating skills, to be exercised both with the local population and with peacekeepers of other nations; and cultural sensi-