

travelling exhibitions, publications and films featuring individual ethnic groups.

Mainly through TV, radio and theatre, nearly all Canadians can appreciate the cultural talents of the many ethnic groups that make up about 27 per cent of Canada's population.

Despite some concern in many areas of the world, Canada's immigration policy will not become unduly restrictive. The Canadian Prime Minister stated recently that it would remain liberal, thus assuring the continued ethnical richness of the Canadian social fabric.

Physical fitness

This year, more Canadians will be in better physical condition than on any previous birthday they have celebrated. In the 1960s and 1970s, led by two prime ministers who extolled the virtues and pleasures of physical fitness, and a jogging Governor General, more and more middle-aged Canadians turned to exercise and sports to firm-up sagging muscles and enjoy a revival of the



Two members of the Canadian Airborne Regiment of Edmonton, Alberta, on a reconnaissance patrol, pass the old village of Maxaipas in the mountains near Nicosia. The regiment formed the Canadian peacekeeping contingent of the United Nations Force in Cyprus up

to last December. Peacekeeping duties in Cyprus will next be performed by the 2nd Battalion the Royal 22e Regiment (the "Van Doos") of Quebec City, who have just taken over from the 1st Battalion, the Royal Canadian Regiment of London, Ontario.



Canadian hockey player Gordie Howe (left), who announced his retirement only this year at the age of 47, inspired many older people to keep playing or return to ice hockey. Howe played for 25 years from age 17 to 43 with the Detroit Redwings, stopped for two years then came back,

fitter than ever, to lead the World Hockey Association's Houston Arrows to the league championships in the last two seasons. He also played for Team Canada 1974 against the Soviet Union. His sons, Marty (centre), and Mark, who also play for Houston, will keep up the Howe tradition.

physical activity of their youth. Many young people, who were falling into a sedentary lifestyle in the mechanized and televised world to which they had become accustomed, followed suit.

From coast to coast activity mounted. More tennis courts sprang up, golf-course membership boomed, cross-country ski and hiking trails spread across the vast expanse of mountains, hills and countryside. Cyclists and joggers became a familiar sight on the highways, and "walk-a-thons" had thousands accumulating blisters in the interests of health and charity. Health spas and gymnasiums mushroomed.

Hockey players, who had regretfully retired at the traditional age of 30, watched a middle-aged hockey ace named Gordie Howe teach youngsters a few tricks and dug out their skates and sticks for another unexpected go at the game they had enjoyed almost from the time they could walk.

While inflation may have cramped the lifestyle of many Canadians, it does not stop the satisfaction more and more Canadians are enjoying through physical fitness. And with the Olympic Games being held in Canada next summer perhaps even more citizens will begin to experience the real meaning of "a sound mind in a sound body".