So much has changed since then. What was once the stuff of dreams is beginning to come within our grasp: significant arms reductions; the resolution of regional conflicts; progress on human rights.

But we must not delude ourselves about the daunting obstacles that remain. Nor should we forget how we arrived at this point.

The need for Western cohesion remains as necessary as ever. Antagonism between East and West will not evaporate overnight. Though we hope the walls will become lower, Europe remains divided. The Soviet military forces remain well in excess of what anyone in the West would consider reasonable and sufficient. Glasnost, welcome as it may be, will not be able to transform quickly a Soviet Union that has roots in centuries of Russian authoritarianism as well as Marxist dictatorship.

The need for consistency and prudence therefore remains. Freedom will continue to need a strong defence. Neither Western Europe nor North America nor both together can maintain an effective and stable military balance between East and West by conventional means alone. Thus the West as a whole will continue to rely upon nuclear deterrence until our security can be guaranteed in other ways.

It also means we must seek, through negotiations, to do away with the current imbalance in conventional forces and scrap chemical arms entirely.

That elements of the past endure should not, however, blind us to what is new and positive.

In the Soviet Union Mr. Gorbachev is courageously trying to arrest social decay, to turn around the economy and improve the standard of living. If this means that ordinary Soviet citizens will have greater initiative and self-expression, this evolution is decidedly in our interest, as well as their own. We should not hesitate to