

A selection by John Lewis, from his speech at the March on Washington on August 28, 1963

I appeal to all of you to get into this great revolution that is sweeping this nation. Get in and stay in the streets of every city, every village and hamlet of this nation until true freedom comes, until the revolution of 1776 is complete. We must get in this revolution and complete this revolution.

A selection by Fred Rogers, from his testimony before the Senate Communications Subcommittee on PBS Funding, on May 1, 1969.

I give an expression of care every day to each child, to help him realize that he is unique. I end the program by saying "You've made this day a special day, by just your being you. There's no person in the whole world like you, and I like you, just the way you are."

And I feel that if we in public television can only make it clear that feelings are mentionable and manageable, we will have done a great service for mental health. I think that it's much more dramatic than two men could be working out their feelings of anger – much more dramatic than showing something of gunfire. I'm constantly concerned about what our children are seeing and for 15 years I have tried in this country and Canada to present what I feel is a meaningful expression of care.

A selection of two quotes from Dora Thewlis, an English suffragette who helped storm Parliament in 1907 at the age of 17.

Let me go, Mother. I am quite capable. I understand what I am fighting for, and am prepared to go to prison for the cause. I feel that women ought to have their rights and it will be an honour to go to prison.

Don't call me Baby Suffragette. I am not a baby really. In May next year I shall be 18 years of age. Surely for a girl, that's a good age.