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FLOOR DEBATE

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heritage of the people. Mr. President, members of the Legislature, as everybody knows who keeps up with the news, there is a new food pyramid which has been certified, endorsed or ratified by the U.S. government. In addition to a different categorization of foods that are deemed healthful, exercise is included as one of those activities that will contribute mightily to the maintaining of physical health, and I would say mental health. And there is nothing that is so readily available to everybody, even if they happen to be in a confined area, as running, jumping and sweating. Now, in a sense, there's some running in the Legislature--running away from issues. There is some jumping, for sure--jumping on the bandwagon when the lobbyists and others make it safe to do so. And sweating occurs when people are called to account for their conduct when it is contrary to what they told their constituents they were coming here to do. But I mean the running, jumping and sweating in the ordinary, popular sense of those words. If they can take on additional profound meaning, I allow that, too. As a matter of fact, if I was going to describe it in the way that some people would, they would say the...this is a profoundly profound profundity, and they would think that they had said something really great. There's another story I could tell you about that misuse of language, but I'm not going to do it because I want to deal with something serious while talking about this particular amendment. I have disposed of that amendment by giving the explanation that I think is necessary, but I may elaborate on it later. The very serious thing that I want to put into the record, and it would be uncomfortable for my colleagues of the Caucasian persuasion, whose ancestors enslaved my ancestors, so I don't mind if people want to excuse themselves from this reading. Why would I read from Clinton Rossiter when I could find more words off the top of my head to describe this hellish activity? Because I want to put into the record what a white man who is recognized as a scholar wrote about it. Reading on page 31 of The Grand Convention, which is the title of this book written by Rossiter, are these words: They come, after he explained the stratification of society in America--the very rich, those in the middle who are poor, and then those at the bottom who are mired in grinding abject poverty and who were considered to be apathetic because they didn't want to participate in governmental activities. If you