

## **IF THERE IS NO STRUGGLE, THERE IS NO PROGRESS**

“If there is no struggle, there is no progress. Those who profess to favor freedom, and yet depreciate agitation, are men who want crops without plowing up the ground. They want rain without thunder and lightning. They want the ocean without the awful roar of its many waters. ...Power concedes nothing without a demand. It never did and it never will. ...The limits of tyrants are prescribed by the endurance of those whom they oppress.”

*- Frederick Douglass, 1857*