

Like an unchecked cancer, hate corrodes the personality and eats away its vital unity. Hate destroys a man's sense of values and his objectivity. It causes him to describe the beautiful as ugly and the ugly as beautiful, and to confuse the true with the false with the true.

Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that. Hate multiplies hate, violence multiplies violence, and toughness multiplies toughness in a descending spiral of destruction. ....The chain reaction of evil—hate begetting hate, wars producing more wars – must be broken, or we shall be plunged into the dark abyss of annihilation.

Dr. Martin Luther King, Jr., *The Strength to Love* (Harper and Row Publishers, September 1, 1963)