

# Science of Political Rhetoric: What a Feeling!

How does a political speech affect your body? Is it like exercise? Does it make you feel tired? How does running for President compare to running a real race?

For the following exercises, you will read and listen to this piece of stirring political rhetoric from John McCain's speech at the 2004 Republican National Convention:

"We are Americans first, Americans last, Americans always. Let us argue our differences. But remember we are not enemies, but comrades in a war against a real enemy, and take courage from the knowledge that our military superiority is matched only by the superiority of our ideals, and our unconquerable love for them. Our adversaries are weaker than us in arms and men, but weaker still in causes. They fight to express a hatred for all that is good in humanity. We fight for love of freedom and justice, a love that is invincible. Keep that faith. Keep your courage. Stick together. Stay strong. Do not yield. Do not flinch. Stand up. Stand up with our President and fight. We're Americans. We're Americans, and we'll never surrender."

**Question:** Does reading and listening to political rhetoric affect your pulse and breathing rate as much as running in place?

**Hypothesis:** \_\_\_\_\_

## Experiment:

1. Record your resting pulse and breathing rate in beats per minute and breaths per minute. Count for 10 seconds and then multiply by six.
2. Have someone read the above speech to you while you quietly listen, and record your pulse and breathing.
3. Listen to the speech, this time clapping and cheering after each sentence. Record your data.
4. Deliver the speech yourself, as loudly as you can. Record your pulse and breathing rate. Have someone time you while you speak.
5. Run in place for the same amount of time that you spent delivering the speech. Record your data.

## Observations:

	Resting	After Listening Quietly to Speech	After Cheering and Clapping During Speech	After Delivering Speech Loudly with Gestures	After running for equal amount of time.
Pulse					
Breathing Rate					

**Conclusion:** \_\_\_\_\_