Constrained ArrayLists

A call `b.add(x)` in which `x` is not of class `Integer` (or one of its subclasses) is illegal.

```java
b = new ArrayList<Integer>();
```
A call b.add(x) in which x is not of class Integer (or one of its subclasses) is illegal.

Using a constrained ArrayList reduces the chance of making an error by adding something to a list that does not belong there.