

Sarah Tracy

Guerard

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Leisure

Leisure is a relaxing word. Even by reading the definition, “freedom from the demands of work or duty,” one can imagine all the work being lifted from one’s shoulders. Having leisure is like being freed; it is like time has allowed us to have some fun. Maybe this is why the word originated from the Latin verb “licēre,” which closely translates to “to allow.” Leisure is the time in which people are allowed to be relaxed and recreational.

While leisure is free time, leisure does not call for laziness, procrastination, or idleness. Leisure time is spent with positive activity. Time enjoyed wasting is not wasted time. Leisure is that type of time. People use their leisure time to entertain hobbies and friends and family. Common activities involve gardens, music, sports, and social events. These are enjoyable and valuable activities, yet they are not required.

How does one get time for leisure? One finds leisure when they are freed from those things that are required. This is free time after work and after school, but it does not include activities that are vital to life, such as eating, drinking, and sleeping; while these activities are enjoyable, they are not leisure. Leisure is not physically essential, though many may consider it essential to emotional stability.

Leisure is sometimes thought of as a luxury. In modern society, people rush through breakfast, hop in cars and subways to work, work long hours, come home in public

transportation or traffic, take children to various activities or entertain them at home, run errands, make dinner, eat dinner, worry, and then crash into bed. People wait for the blessing of a weekend, or that one day that is not a giant busy mess.

This is why leisure is something to be savored. Leisure should be used well. People should not procrastinate, spending possible leisure time worrying about unproductivity. People should work effectively, and then they can reward themselves with using time for favorable leisure. People should not claim leisure while they waste away on the couch or the computer. Leisure was meant for being outdoors and spending time with loved ones. Leisure is a freedom that everyone should be grateful to dwell in.