Our parents discovered leisure. We killed it.

我们的父母发现了休闲，而我们扼杀了它

My great aunt loved to press flowers. Often she'd hike the mountains, searching for new plant life. She'd look up her treasures in botany books, then label and press them for safekeeping. A few times, she couldn't find entries at all; she'd discovered plant species that no one had named. She was a hobbyist by nature. When not caring for family, she would dry pine needles and weave them into beautiful decorations. But she was also a product of her time. In the post-war era, hobbies were what people did in their spare time, after work: basketball, cooking, writing poems. These were activities people didn't feel whole without.

我的姨奶奶喜欢压花。 她经常爬山，在山上寻找新的植物。 她会在植物学书籍中查找自己发现的宝物，然后给它们贴上标签，做成压花，以便好好保存。 有几次，她在书上根本找不到条目，她发现了尚未命名过的植物种类。 她是个天生的植物爱好者。 当不需要照顾家庭时，她会晾干松针并将它们编织成漂亮的装饰品。 但她也是她那个时代的产物。 战后，业余爱好是人们在下班后的业余时间里所做的事：打篮球、烹饪、写诗。 没有这些活动，大家会觉得生活不完整。

My great aunt died not long ago, but she would have a hard time understanding how my generation uses its spare time. For many of us, the hobby is dead. Our work lives have merged with our free time, and hobbies are now often indistinguishable from second jobs. In a culture obsessed with productivity, the hobby has become the next venture.

我的姨奶奶不久前去世了，如果她还活着，她会很难理解我这一代人是如何利用业余时间的。 对我们许多人来说，业余爱好已经不存在了。 我们的工作已经与我们的业余时间融为一体，如今的业余爱好通常与第二份工作没有区别。 在一种执迷于生产率的文化中，业余爱好已成为下一个商业项目。

After the US survived two world wars and the economic fragility they caused, leisure became more accessible for the American middle class. With economic recovery and technological development, corporations were able to offer structured workweeks, job security, higher pay, and paid vacations, and also let their employees go home at 5 p.m. From disposable income a leisure industry was born — and welcomed by 60 million people. The American road trip, summer camps, and amusement parks all competed for spare dollars. People built model planes in their spare time and learned to cook fancy foreign food. Youth culture emerged because, for the first time in American history, children were generally not expected to help with work.

美国挺过了两次世界大战及其导致的经济不稳定之后，它的中产阶级比之前更容易获得休闲时间。 随着经济的复苏和技术的发展，企业能够提供规律的工作时间、工作保障、更高的薪水、带薪假期，还让员工在下午5点下班回家。 由于有了可支配收入，休闲产业应运而生，并受到了六千万人的欢迎。 美国的公路旅行、夏令营和游乐园相互争夺这些闲钱。 人们在业余时间制作飞机模型，学习烹饪精美的外国食物。 青年文化也出现了，因为在美国历史上，人们第一次不指望孩子来帮忙干活。

Leisure came to define a person's identity during this time, in many cases replacing career identity. Having a hobby was not only possible; it was a status symbol. It meant one had time to relax, a privilege previously enjoyed only by the very wealthy. The "automatic nature" of many jobs led "an increasing number of workers to look not to work but to leisure for satisfaction," wrote a US writer in the 1950s.

这期间，休闲开始定义一个人的身份。在许多情况下，它取代了职业身份。 拥有业余爱好不仅是可能的，而且还是地位的象征。 这意味着人们有时间放松身心，而这种特权以前只有非常富有的人才能享有。 一位美国作家在二十世纪五十年代写道，许多工作的“自动化性质”导致“越来越多的工人指望从休闲活动中获得满足感，而不是从工作中获得满足感”。

However, post-war prosperity gradually disappeared, replaced by civil unrest, oil shortages, and economic uncertainty. The idea of a job for life and a solid pension disappeared from many professions. By the time of the recession starting in 2008, traditional jobs simply weren't available to many young people. And those who did work were discontented.

但是，战后的繁荣逐渐消失，取而代之的是内乱、石油短缺和经济的不确定性。 终身从事一份工作并拥有稳定的养老金这一概念在许多行业中消失了。 始于2008年的经济衰退之后，许多年轻人根本无法获得传统的工作， 而那些从事这些工作的人也不甚满意。

With fewer reasons to stay in one job, workers began to explore a wider variety of options. For some, these options included turning a hobby into a business. Young people turned to what they loved, what they were good at, with an entrepreneurial mindset aimed toward self-employment. According to a 2015 poll, older Americans' primary concern about their first job was earning money or learning skills. By contrast, 57 percent of millennials prioritized doing something that they found enjoyable and that made a difference. Half said they would take a pay cut to find work that matched their values, and would change jobs as their values changed.

由于终身从事一份工作的理由越来越少，人们开始探索更多不同的选择。 对于一些人来说，这些选择包括将业余爱好变成一项事业。 年轻人带着一种自我创业的企业家心态，转向了自己喜欢和擅长的领域。 根据2015年的一项民意调查，老一代美国人做第一份工作时主要关注赚钱或学习技能。 相比之下，57%的千禧一代优先考虑做他们认为令人愉快的并且让他们觉得有所作为的事情。 一半的千禧一代表示，他们为了找到与其价值观相符的工作宁愿减薪，并会随着自己价值观的改变而更换工作。

Instead of viewing work as inevitable and hobbies as core to one's identity, as in the post-war era, today's professionals strive to equate their career with leisure. An article published this month calls this new phenomenon "the journey of duality."

战后，人们把工作视为不得不为之，把业余爱好视作自己个人身份的核心。而如今的职场人士并非这样，他们努力将职业与休闲等同起来。 本月发表的一篇文章将这种新现象称为“双重旅程”。

Loving what one does is a utopian ideal. Few will argue against it. But it's worth remembering a couple of things. Hobbies were something a majority of people could enjoy, while the side hustle is more common among the middle class. And even those who enjoy leisure careers might be better off taking a break from being productive. That's tough when we're being conditioned to love our jobs. But perhaps we can copy the post-war pattern regarding boundaries between leisure and work. We still need to know when to put work down and pick up something else, whether it's family game night, playing basketball, or just being with nature — happiness simply for the sake of it.

热爱自己的工作是一种乌托邦式的理想。 很少有人会对此表示反对。 但是有几件事值得我们记住。 爱好在过去是大多数人都可以享有的东西，但如今副业在中产阶级中更为常见。 即使是那些把休闲发展成工作的人，也最好在忙碌之余稍事休息。 对我们这些从小被教育要热爱工作的人来说，这很难， 但也许我们可以复制战后关于休闲与工作之间划分界限的模式。 我们仍然需要知道什么时候放下工作去做一些其他事情，无论是家庭游戏之夜、打篮球，或是与大自然共处——仅仅为了快乐而快乐。

For my great aunt, flower collecting was a path to peace outside the home. It was a meditative return to nature, something she could own and be alone with. It was not work. Still, I can't help but imagine her today, perhaps earning a paycheck as she searches for new plant species, hiking 47 hours per week among the hills. Would it ruin the purity of her hobby? Or would it enhance her life?

对于我姨奶奶来说，搜集花朵是走出家庭获得平静的一种方式， 是对自然的沉思式回归，是她可以拥有并独自享受的， 这不是工作。 而我仍然不禁想象，如果今天她为了一份薪水去寻找新的植物物种，每周在山上徒步47个小时， 这会破坏她的爱好的纯粹性吗？ 还是会改善她的生活？

Maybe it wouldn't be the worst thing. Then again, I'm a millennial.

也许这也不是最糟糕的事情。话说回来，我是千禧一代。