

Work and Leisure

- 1 People often complain that they work too hard. They complain that they don't have enough time for leisure. Leisure is what you do when you are not working, studying, or looking after your home and family (for example, cooking and **cleaning**). It is what you do when you relax and enjoy yourself. Most people have leisure time at the end of the workday or school day or on weekends.
- 2 The amount of time we have for leisure has changed throughout history. In the past, most people worked on the land, so their work depended on the weather and the seasons. For example, in western countries – Europe and North America, people did most of the work during the late spring, summer, and early fall. They did not do as much work during the winter.
- 3 The amount of time that people have for leisure changes when their work changes. In the late eighteenth century and early nineteenth century, industrialization transformed many western countries. Thousands of people left their farms and small villages. They went to work in factories in towns and cities. Their work in factories was very hard, and both the workday and workweek became longer. Many people worked for 16 hours a day, 6 days a week. They only took off one day a week from work – Sunday.
- 4 In the middle of the nineteenth century, **factory work began to change in two ways**. First, the machines in the factories became faster and more efficient, so that workers did not need to work as many hours. They had more free time. Second, the factories began to pay their workers more money. As a result, workers had more money to spend.
- 5 With more time and money, workers had more opportunity for leisure activities. People who worked in or near cities in the second half of the nineteenth century had many new choices about how

WHILE YOU READ 1

Look back in this sentence for a phrasal verb. Highlight it.

WHILE YOU READ 2

As you read this paragraph, look for words and phrases that signal cause and effect. Highlight the effects.



In the nineteenth century, many people had more time for leisure.