

仕事の効用: WORK

Bertrand Russell (1872-1970), *The Conquest of Happiness*, 1930

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Whether work should be placed among the causes of happiness or among the causes of unhappiness may be regarded as a doubtful question. There is certainly much work which is exceedingly irksome, and an excess of work is always very painful. I think, however, that, provided work is not excessive in amount, even the dullest work is to most people less painful than idleness. Most of the work that most people have to do is not in itself interesting, but even such work has certain great advantages. To begin with, it fills a great many hours of the day without the need of deciding what one shall do. Most people, when they are left free to fill their own time according to their own choice, are at a loss to think of anything sufficiently pleasant to be worth doing. And whatever they decide on, they are troubled by the feeling that something else would have been pleasanter.