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Sir Edward Grey (25 April 1862 - 7 September 1933) 英国外務大臣

“RECREATION” (1919)

Let it be admitted that recreation is only one of the things that make for happiness in life. I do not even recommend it as the most important. There are at least four other things which are more or less under our own control and which are essential to happiness. **The first** is some moral standard by which to guide our actions. **The second** is some satisfactory home life in the form of good relations with family or friends. **The third** is some form of work which justifies our existence to our own country and makes us good citizens. **The fourth** thing is some degree of leisure and the use of it in some way that makes us happy.

阿川弘之『大人の見識』（新潮社 2007、64 ページ）にも引用されています。