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Hobbies on the Run

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Hobbies on the run

Your busy schedule welcomes a hobby that doesn't beg for time

If the maze of painters' easels, weaving kits and photographic equipment warns you that hobbies will have to wait till after graduation, a new measuring rod may be what you need. The word "hobby" itself takes on new scope when you look outside yourself.

A hobby can be as distinctively yours as the smile on your face.

So ask yourself, can I find a hobby to help me

--- relax
--- forget daily pressures
--- discover and use my creative ability
--- give life a little more zest?

The college student might profit from a variety of hobbies: indoor and outdoor sports, spectator and participation sports, temporary hobbies and long-term hobbies to prepare her for later life and retirement.

But you may find your most valuable hobby—one that involves no cumbersome equipment—is meditation. Yes, thinking time.

Meditation

That hobby is time set aside to stop and consider the challenges you meet, the people you know, what you really do learn, or to discover what you want to put into and get from your education.

This meditation—call it a time of philosophy, rehash or constructive daydreaming, can prove itself in reflection and relaxation.

You can measure your hobby by Van Dyke's belief that "We measure success by accumulation, the measure is false. The true measure is appreciation. He who loves most, has most."

What can you see in the acorn, the coloring leaves or the five spines of the white pine? How do you react? How do others react to change around them? New vistas, new doors can be opened with your hobby of "awareness." No special hour, no special day and no special supplies are needed for this hobby, only open eyes—and open mind.

Mrs. Jean Hansen, Department of Child Development, is one who puts this hobby to work in her life.

"I observe human nature each time I ride the bus, stand in line for tickets, or wait for a book at the library. I keep my senses alive as I walk across campus, really seeing the trees and hearing the wind following the notes of the carillon.

Observation

"A hobby of awareness, studying human relations, calls for observation. When you not only look and watch, but see; not just hear, but are aware; not just breathe, but smell; not just touch, but feel; then you live, not exist."

Your understanding, your appreciation will grow each day as you add to it. You will have found a lifelong hobby. You can easily identify a hobby enthusiast. She is getting extra punch or zest out of life. She is trying to do something that takes her beyond her everyday duties.

Can you consider your Veishea work, your home economics activities, your participation in W.A.A. as hobbies? Certainly they may be your hobbies as long as they are not just a part of drudgery and a drive for campus fame—with not real uplifting satisfaction or relaxation. When an enjoyable hobby becomes a job, you may need another release.

A variety of hobbies with at least one or two interests to stimulate your creative ability can make your college days more complete, and open new vistas for you.

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