

# The Art of Frugal Hedonism

Post by “Pacatus” of February 17, 2023 at 4:54 PM

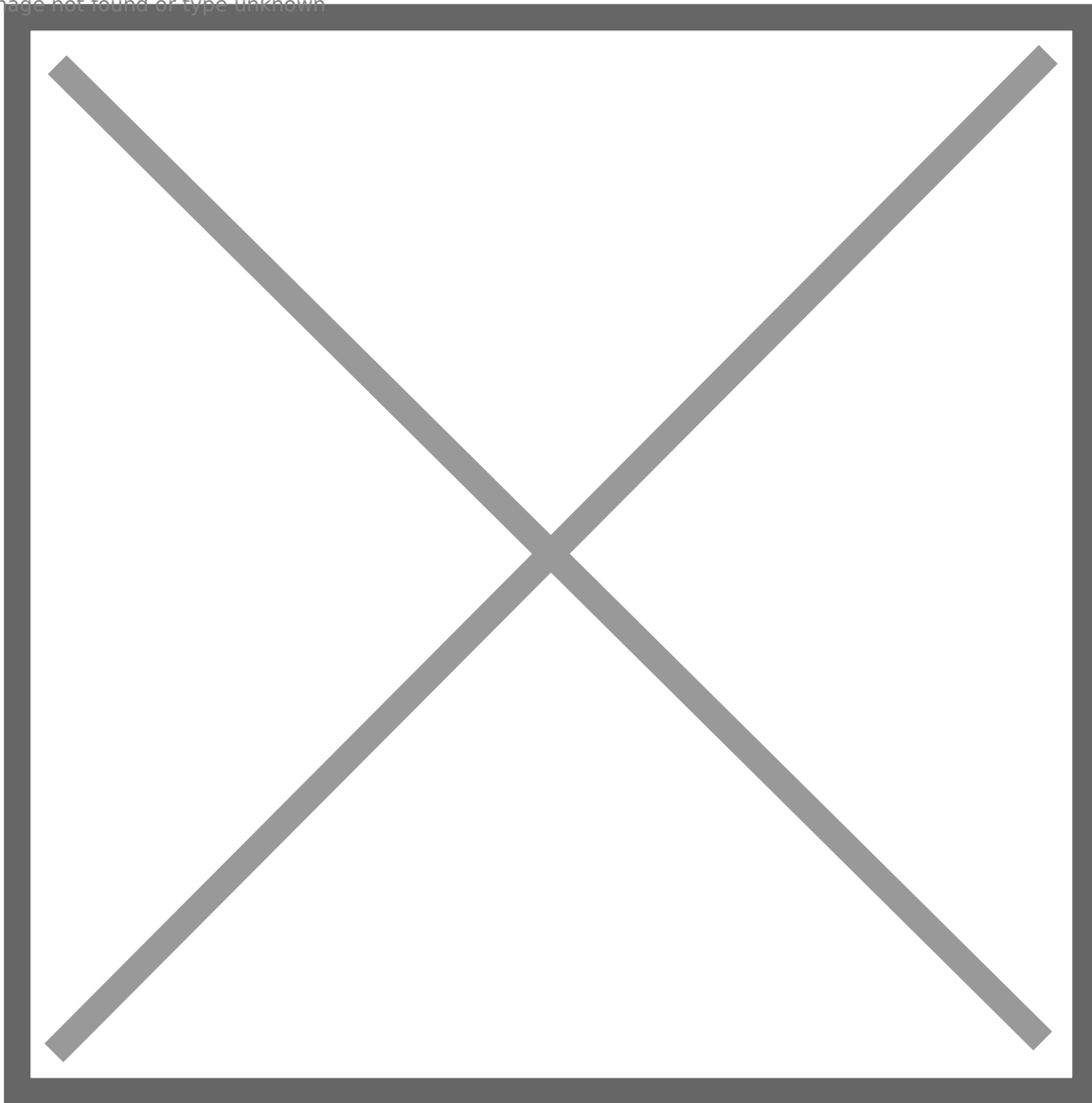
For myself, I take the word frugal in a practical sense, not in any sense of a moral virtue in itself. (I have known people who are pretty severe “frugalists” and seem to take great self-righteous satisfaction in their “virtue” – though, of course, not all moral-virtue frugalists do that.) I am occasionally extravagant, but not so much as in my youth. And I can find (even relish) elegance in simplicity.

With that said, I found this, which I thought might add a small nuance to the discussion:

[frugal \(adj.\)](#)

"economical in use," 1590s, from French frugal, from Latin frugalis, from undeclined adjective frugi "useful, proper, worthy, honest; temperate, economical," originally dative of frux (plural fruges) "fruit, produce," figuratively "value, result, success," from PIE root [\\*bhrug-](#) "to enjoy," with derivatives referring to agricultural products. Sense evolved in Latin from "useful" to "profitable" to "economical." Related: Frugally.

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