

The Art of Frugal Hedonism

Post by "Don" of February 17, 2023 at 6:45 AM

Exploring this topic a little and came across this:

[Robert Louis Stevenson, An Apology for Idlers](#)

Something else to read now! I've never heard of it before, but I'm intrigued... Especially by writing such as this:

Quote from Stevenson (emphasis added)

There is a sort of dead-alive, hackneyed{21} people about, who are scarcely conscious of living except in the exercise of some conventional occupation. Bring these fellows into the country, or set them aboard ship, and you will see how they pine for their desk or their study. They have no curiosity; they cannot give themselves over to random provocations; they do not take pleasure in the exercise of their faculties for its own sake; and unless Necessity lays about them with a stick, they will even stand still. It is no good speaking to such folk: they cannot be idle, their nature is not generous enough; and they pass those hours in a sort of coma, which are not dedicated to furious moiling in the gold-mill.

One of the meanings of ἀπονία aponia is "idleness, non-exertion; exemption from toil (of women)"

[Henry George Liddell, Robert Scott, A Greek-English Lexicon, ἀπονία](#)

Plutarch uses it in this sense to describe Romulus and Remus:

Quote from Plutarch

They also applied themselves to generous occupations and pursuits, not esteeming sloth and idleness generous, but rather bodily exercise, hunting, running, driving off robbers, capturing thieves, and rescuing the oppressed from violence.

PS. And note this is "apology for idlers" as in the sense of defense, as in Plato's Apology and apologetics. Just wanted to say that explicitly.