

**ARS VIVENDI
LECTURES, THE ART
OF LIVING, LECTURES**

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Ars vivendi lectures, The art of living, Lectures by J. W. Williams

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J. W. WILLIAMS

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Ars Vivendi Lectures

THE ART OF LIVING

LECTURES

Delivered at Cranleigh School

By J. W. WILLIAMS

an Old Cranleighan and Member of the School Council

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DEDICATED

to the Headmaster of Cranleigh School

The Rev. G. C. ALLEN, D.D.

the Masters and Boys of that, and all other

Schools, the World over

PREFACE

I HAVE been asked by parents to publish these lectures, delivered during 1907 at Cranleigh—my old school. I do so with pleasure, in the hope that the great crusade against ill-health in general and Consumption in particular, commenced at Cranleigh, may spread to all schools. I have tried to write, as I have spoken, simply, and to the point. I hope also that parents will realise the importance of telling their children certain physiological facts, before they send them out into the school world. It is not fair to throw all parental responsibility on to masters. A little simple explanation will suffice. The ruin of many a young life has come about from parents neglecting this plain duty. May I ask that every father who reads this little book will pass it on to his son, and that parents themselves will assist in this crusade by demanding that each