

On Arthur Schopenhauer  
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Arthur Schopenhauer (1788-1833) was a German philosopher. His book *The World as Will and Idea*, written in 1818, contained a complete exposition of his ideas. This book, as well as his other writings, received little attention during his lifetime, but twenty years after his death and continuing into our time, Schopenhauer has had great public renown and has significantly influenced other philosophers, among them, Friedrich Nietzsche.

From the age of 45 until his death 27 years later from a heart attack, Schopenhauer lived alone and every day followed the same routine. He rose every morning at seven and had a bath and ate breakfast with a strong cup of coffee. He then went to his desk and wrote until noon. He then spent a half hour practicing the flute, and then ate lunch. After lunch he read until four. Then, no matter what the weather, he took a two-hour walk. At six he went to the library and read the day's newspaper. After eating dinner in a restaurant, he attended the theater or a concert. He was home by ten or so, and then he went to bed.

Source: R.J. Hollingdale, introducer, selector, and translator, *Arthur Schopenhauer: Essays and Aphorisms* (New York: Penguin Books, 1970).