Law of Habit

According to the universal law of habit, all vital processes whatever tend to become easier on repetition. (J. J. Murphy. *Habit and Intelligence*. 1869. Chap. XV. Vol. I. p. 169.). The nervous system is particularly susceptible to habit, and along whatever path a nervous discharge has once taken place, along that path a new discharge is the more likely to take place. It is an essential characteristic of this law that it is not absolute.


References: W 4:39

Date of Quote: 1879

Editorial Annotations: Joseph John Murphy's original formulation, cited in W 4: "The definition of habit, and its primary law, is that all vital actions tend to repeat themselves; or, if they are not such as can repeat themselves, they tend to become easier on repetition"

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