

William James (1890):



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Things learned in a few hours... for one purpose, cannot possibly have formed many associations with other things in the mind. Their brain-processes are led into...few paths, and are... little liable to be awakened again. Speedy oblivion is the almost inevitable fate of all that is committed to memory in this simple way.

Whereas...materials taken in gradually, ...recurring in different contexts, considered in various relations, associated with other external incidents, and repeatedly reflected on, grow into... a system, form such connections with the rest of the mind's fabric, lie open to so many paths of approach, that they remain permanent possessions.

This is the intellectual reason why habits of continuous application should be enforced in educational establishments.
(William James, 1890).