

**English 1301: Composition 1 (CRN 30015) || Supplemental Readings**

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**Resources: MLA Style for Works Cited**

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## **How to Mark a Book || Mortimer J. Adler, Ph.D.**

You know you have to read “between the lines” to get the most out of anything. I want to persuade you to do something equally important in the course of your reading. I want to persuade you to write between the lines. Unless you do, you are not likely to do the most efficient kind of reading.

I contend, quite bluntly, that marking up a book is not an act of mutilation but of love. You shouldn't mark up a book which isn't yours.

Librarians (or your friends) who lend you books expect you to keep them clean, and you should. If you decide that I am right about the usefulness of marking books, you will have to buy them. Most of the world's great books are available today, in reprint editions.

There are two ways in which one can own a book. The first is the property right you establish by paying for it, just as you pay for clothes and furniture. But this act of purchase is only the prelude to possession. Full ownership comes only when you have made it a part of yourself, and the best way to make yourself a part of it is by writing in it. An illustration may make the point clear. You buy a beefsteak and transfer it from the butcher's icebox to your own. But you do not own the beefsteak in the most important sense until you consume it and get it into your bloodstream. I am arguing that books, too, must be absorbed in your blood stream to do you any good.

Confusion about what it means to “own” a book leads people to a false reverence for paper, binding, and type — a respect for the physical thing — the craft of the printer rather than the genius of the author. They forget that it is possible for a man to acquire the idea, to possess the beauty, which a great book contains, without staking his claim by pasting his bookplate inside the cover. Having a fine library doesn't prove that its owner has a mind enriched by books; it proves nothing more than that he, his father, or his wife, was rich enough to buy them.

There are three kinds of book owners. The first has all the standard sets and best sellers — unread, untouched. (This deluded individual owns woodpulp and ink, not books.) The second has a great many books — a few of them read through, most of them dipped into, but all of them as clean and shiny as the day they were bought. (This person would probably like to make books his own, but is restrained by a false respect for their physical appearance.) The third has a few books or many — every one of them dog-eared and dilapidated, shaken and loosened by continual use, marked and scribbled in from front to back. (This man owns books.)

Is it false respect, you may ask, to preserve intact and unblemished a beautifully printed book, an elegantly bound edition? Of course not. I'd no more scribble all over a first edition of 'Paradise Lost' than I'd give my baby a set of crayons and an original Rembrandt. I wouldn't mark up a painting or a statue. Its soul, so to speak, is inseparable from its body. And the beauty of a rare edition or of a richly manufactured volume is like that of a painting or a statue.

But the soul of a book “can” be separate from its body. A book is more like the score of a piece of music than it is like a painting. No great musician confuses a symphony with the printed sheets of music. Arturo Toscanini reveres Brahms, but Toscanini's score of the G minor Symphony is so thoroughly marked up that no one but the maestro himself can read it. The reason why a great conductor makes notations on his musical scores — marks them up again and again each time he returns to study them—is the reason why you should mark your books. If your respect for magnificent binding or typography gets in the way, buy yourself a cheap edition and pay your respects to the author.

Why is marking up a book indispensable to reading? First, it keeps you awake. (And I don't mean merely conscious; I mean awake.) In the second place; reading, if it is active, is thinking, and thinking tends to express itself in words, spoken or written. The marked book is usually the thought-through book. Finally,

writing helps you remember the thoughts you had, or the thoughts the author expressed. Let me develop these three points.

If reading is to accomplish anything more than passing time, it must be active. You can't let your eyes glide across the lines of a book and come up with an understanding of what you have read. Now an ordinary piece of light fiction, like, say, *Gone with the Wind*, doesn't require the most active kind of reading. The books you read for pleasure can be read in a state of relaxation, and nothing is lost. But a great book, rich in ideas and beauty, a book that raises and tries to answer great fundamental questions, demands the most active reading of which you are capable. You don't absorb the ideas of John Dewey the way you absorb the crooning of Mr. Vallee. You have to reach for them. That you cannot do while you're asleep.

If, when you've finished reading a book, the pages are filled with your notes, you know that you read actively. The most famous "active" reader of great books I know is President Hutchins, of the University of Chicago. He also has the hardest schedule of business activities of any man I know. He invariably reads with a pencil, and sometimes, when he picks up a book and pencil in the evening, he finds himself, instead of making intelligent notes, drawing what he calls 'caviar factories' on the margins. When that happens, he puts the book down. He knows he's too tired to read, and he's just wasting time.

But, you may ask, why is writing necessary? Well, the physical act of writing, with your own hand, brings words and sentences more sharply before your mind and preserves them better in your memory. To set down your reaction to important words and sentences you have read, and the questions they have raised in your mind, is to preserve those reactions and sharpen those questions.

Even if you wrote on a scratch pad, and threw the paper away when you had finished writing, your grasp of the book would be surer. But you don't have to throw the paper away. The margins (top as bottom, and well as side), the end-papers, the very space between the lines, are all available. They aren't sacred. And, best of all, your marks and notes become an integral part of the book and stay there forever. You can pick up the book the following week or year, and there are all your points of agreement, disagreement, doubt, and inquiry. It's like resuming an interrupted conversation with the advantage of being able to pick up where you left off.

And that is exactly what reading a book should be: a conversation between you and the author. Presumably he knows more about the subject than you do; naturally, you'll have the proper humility as you approach him. But don't let anybody tell you that a reader is supposed to be solely on the receiving end. Understanding is a two-way operation; learning doesn't consist in being an empty receptacle. The learner has to question himself and question the teacher. He even has to argue with the teacher, once he understands what the teacher is saying. And marking a book is literally an expression of differences, or agreements of opinion, with the author.

There are all kinds of devices for marking a book intelligently and fruitfully. Here's the way I do it:

- **Underlining (or highlighting):** of major points, of important or forceful statements.
- **Vertical lines at the margin:** to emphasize a statement already underlined.
- **Star, asterisk, or other doo-dad at the margin:** to be used sparingly, to emphasize the ten or twenty most important statements in the book. (You may want to fold the bottom corner of each page on which you use such marks. It won't hurt the sturdy paper on which most modern books are printed, and you will be able take the book off the shelf at any time and, by opening it at the folded-corner page, refresh your recollection of the book.)
- **Numbers in the margin:** to indicate the sequence of points the author makes in developing a single argument.
- **Numbers of other pages in the margin:** to indicate where else in the book the author made points relevant to the point marked; to tie up the ideas in a book, which, though they may be separated by many pages, belong together.

- **Circling or highlighting of key words or phrases.**
- **Writing in the margin, or at the top or bottom of the page, for the sake of:** recording questions (and perhaps answers) which a passage raised in your mind; reducing a complicated discussion to a simple statement; recording the sequence of major points right through the books. I use the end-papers at the back of the book to make a personal index of the author's points in the order of their appearance.

The front end-papers are to me the most important. Some people reserve them for a fancy bookplate. I reserve them for fancy thinking. After I have finished reading the book and making my personal index on the back end-papers, I turn to the front and try to outline the book, not page by page or point by point (I've already done that at the back), but as an integrated structure, with a basic unity and an order of parts. This outline is, to me, the measure of my understanding of the work.

If you're a die-hard anti-book-marker, you may object that the margins, the space between the lines, and the end-papers don't give you room enough. All right. How about using a scratch pad slightly smaller than the page-size of the book — so that the edges of the sheets won't protrude? Make your index, outlines and even your notes on the pad, and then insert these sheets permanently inside the front and back covers of the book.

Or, you may say that this business of marking books is going to slow up your reading. It probably will. That's one of the reasons for doing it. Most of us have been taken in by the notion that speed of reading is a measure of our intelligence. There is no such thing as the right speed for intelligent reading. Some things should be read quickly and effortlessly and some should be read slowly and even laboriously. The sign of intelligence in reading is the ability to read different things differently according to their worth. In the case of good books, the point is not to see how many of them you can get through, but rather how many can get through you — how many you can make your own. A few friends are better than a thousand acquaintances. If this be your aim, as it should be, you will not be impatient if it takes more time and effort to read a great book than it does a newspaper.

You may have one final objection to marking books. You can't lend them to your friends because nobody else can read them without being distracted by your notes. Furthermore, you won't want to lend them because a marked copy is kind of an intellectual diary, and lending it is almost like giving your mind away.

If your friend wishes to read your *Plutarch's Lives*, *Shakespeare*, or *The Federalist Papers*, tell him gently but firmly, to buy a copy. You will lend him your car or your coat — but your books are as much a part of you as your head or your heart.

**Once More to the Lake || E. B. White**

One summer, along about 1904, my father rented a camp on a lake in Maine and took us all there for the month of August. We all got ringworm from some kittens and had to rub Pond's Extract on our arms and legs night and morning, and my father rolled over in a canoe with all his clothes on; but outside of that the vacation was a success and from then on none of us ever thought there was any place in the world like that lake in Maine. We returned summer after summer—always on August 1st for one month. I have since become a salt-water man, but sometimes in summer there are days when the restlessness of the tides and the fearful cold of the sea water and the incessant wind which blows across the afternoon and into the evening make me wish for the placidity of a lake in the woods. A few weeks ago this feeling got so strong I bought myself a couple of bass hooks and a spinner and returned to the lake where we used to go, for a week's fishing and to revisit old haunts.

I took along my son, who had never had any fresh water up his nose and who had seen lily pads only from train windows. On the journey over to the lake I began to wonder what it would be like. I wondered how time would have marred this unique, this holy spot—the coves and streams, the hills that the sun set behind, the camps and the paths behind the camps. I was sure that the tarred road would have found it out and I wondered in what other ways it would be desolated. It is strange how much you can remember about places like that once you allow your mind to return into the grooves which lead back. You remember one thing, and that suddenly reminds you of another thing. I guess I remembered clearest of all the early mornings, when the lake was cool and motionless, remembered how the bedroom smelled of the lumber it was made of and of the wet woods whose scent entered through the screen. The partitions in the camp were thin and did not extend clear to the top of the rooms, and as I was always the first up I would dress softly so as not to wake the others, and sneak out into the sweet outdoors and start out in the canoe, keeping close along the shore in the long shadows of the pines. I remembered being very careful never to rub my paddle against the gunwale for fear of disturbing the stillness of the cathedral.

The lake had never been what you would call a wild lake. There were cottages sprinkled around the shores, and it was in farming although the shores of the lake were quite heavily wooded. Some of the cottages were owned by nearby farmers, and you would live at the shore and eat your meals at the farmhouse. That's what our family did. But although it wasn't wild, it was a fairly large and undisturbed lake and there were places in it which, to a child at least, seemed infinitely remote and primeval.

I was right about the tar: it led to within half a mile of the shore. But when I got back there, with my boy, and we settled into a camp near a farmhouse and into the kind of summertime I had known, I could tell that it was going to be pretty much the same as it had been before—I knew it, lying in bed the first morning, smelling the bedroom, and hearing the boy sneak quietly out and go off along the shore in a boat. I began to sustain the illusion that he was I, and therefore, by simple transposition, that I was my father. This sensation persisted, kept cropping up all the time we were there. It was not an entirely new feeling, but in this setting it grew much stronger. I seemed to be living a dual existence. I would be in the middle of some simple act, I would be picking up a bait box or laying down a table fork, or I would be saying something, and suddenly it would be not I but my father who was saying the words or making the gesture. It gave me a creepy sensation.

We went fishing the first morning. I felt the same damp moss covering the worms in the bait can, and saw the dragonfly alight on the tip of my rod as it hovered a few inches from the surface of the water. It was the arrival of this fly that convinced me beyond any doubt that everything was as it always had been, that the years were a mirage and there had been no years. The small waves were the same, chucking the rowboat under the chin as we fished at anchor, and the boat was the same boat, the same color green and the ribs broken in the same places, and under the floor-boards the same freshwater leavings and debris—the dead helgramite, the wisps of moss, the rusty discarded fishhook, the dried blood from yesterday's catch. We stared silently at the tips of our rods, at the dragonflies that came and wells. I lowered the tip of mine into the water, tentatively, pensively dislodging the fly, which darted two feet away, poised, darted two feet back, and came to rest again a little farther up the rod. There had been no years between the ducking of this dragonfly and the other one—the one that was part of memory. I looked at the boy, who was silently watching his fly, and it was my hands that held his rod, my eyes watching. I felt dizzy and didn't know which rod I was at the end of.

We caught two bass, hauling them in briskly as though they were mackerel, pulling them over the side of the boat in a businesslike manner without any landing net, and stunning them with a blow on the back of the head. When we got back for a swim before lunch, the lake was exactly where we had left it, the same number of inches from the dock, and there was only the merest suggestion of a breeze. This seemed an utterly enchanted sea, this lake you could leave to its own devices for a few hours and come back to, and find that it had not stirred, this constant and trustworthy body of water. In the shallows, the dark, water-soaked sticks and twigs, smooth and old, were undulating in clusters on the bottom against the clean ribbed sand, and the track of the mussel was plain. A school of minnows swam by, each minnow with its small, individual shadow, doubling the attendance, so clear and sharp in the sunlight. Some of the other campers were in swimming, along the shore, one of them with a cake of soap, and the water felt thin and clear and insubstantial. Over the years there had been this person with the cake of soap, this cultist, and here he was. There had been no years.

Up to the farmhouse to dinner through the teeming, dusty field, the road under our sneakers was only a two-track road. The middle track was missing, the one with the marks of the hooves and the splotches of dried, flaky manure. There had always been three tracks to choose from in choosing which track to walk in; now the choice was narrowed down to two. For a moment I missed terribly the middle alternative. But the way led past the tennis court, and something about the way it lay there in the sun reassured me; the tape had loosened along the backline, the alleys were green with plantains and other weeds, and the net (installed in June and removed in September) sagged in the dry noon, and the whole place steamed with midday heat and hunger and emptiness. There was a choice of pie for dessert, and one was blueberry and one was apple, and the waitresses were the same country girls, there having been no passage of time, only the illusion of it as in a dropped curtain—the waitresses were still fifteen; their hair had been washed, that was the only difference—they had been to the movies and seen the pretty girls with the clean hair.

Summertime, oh summertime, pattern of life indelible, the fade proof lake, the woods unshatterable, the pasture with the sweet fern and the juniper forever and ever, summer without end; this was the background, and the life along the shore was the design, the cottages with their innocent and tranquil design, their tiny docks with the flagpole and the American flag floating against the white clouds in the blue sky, the little paths over the roots of the trees leading from camp to camp and the paths leading back to the outhouses and the can of lime for sprinkling, and at the souvenir counters at the store the miniature birch-bark canoes and the post cards that showed things looking a little better than they looked. This was the American family at play, escaping the city heat, wondering whether the newcomers at the camp at the head of the cove were “common” or “nice,” wondering whether it was true that the people who drove up for Sunday dinner at the farmhouse were turned away because there wasn’t enough chicken.

It seemed to me, as I kept remembering all this, that those times and those summers had been infinitely precious and worth saving. There had been jollity and peace and goodness. The arriving (at the beginning of August) had been so big a business in itself, at the railway station the farm wagon drawn up, the first smell of the pine-laden air, the first glimpse of the smiling farmer, and the great importance of the trunks and your father’s enormous authority in such matters, and the feel of the wagon under you for the long ten-mile haul, and at the top of the last long hill catching the first view of the lake after eleven months of not seeing this cherished body of water. The shouts and cries of the other campers when they saw you, and the trunks to be unpacked, to give up their rich burden. (Arriving was less exciting nowadays, when you sneaked up in your car and parked it under a tree near the camp and took out the bags and in five minutes it was all over, no fuss, no loud wonderful fuss about trunks.)

Peace and goodness and jollity. The only thing that was wrong now, really, was the sound of the place, an unfamiliar nervous sound of the outboard motors. This was the note that jarred, the one thing that would sometimes break the illusion and set the years moving. In those other summertimes, all motors were inboard; and when they were at a little distance, the noise they made was a sedative, an ingredient of summer sleep. They were one-cylinder and two-cylinder engines, and some were make-and-break and some were jump-spark, but they all made a sleepy sound across the lake. The one-lungers throbbed and fluttered, and the twin-cylinder ones purred and purred, and that was a quiet sound too. But now the campers all had outboards. In the daytime, in the hot mornings, these motors made a petulant, irritable sound; at night, in the still evening when the afterglow lit the water, they whined about one’s ears like

mosquitoes. My boy loved our rented outboard, and his great desire was to achieve single-handed mastery over it, and authority, and he soon learned the trick of choking it a little (but not too much), and the adjustment of the needle valve. Watching him I would remember the things you could do with the old one-cylinder engine with the heavy flywheel, how you could have it eating out of your hand if you got really close to it spiritually. Motor boats in those days didn't have clutches, and you would make a landing by shutting off the motor at the proper time and coasting in with a dead rudder. But there was a way of reversing them, if you learned the trick, by cutting the switch and putting it on again exactly on the final dying revolution of the flywheel, so that it would kick back against compression and begin reversing. Approaching a dock in a strong following breeze, it was difficult to slow up sufficiently by the ordinary coasting method, and if a boy felt he had complete mastery over his motor, he was tempted to keep it running beyond its time and then reverse it a few feet from the dock. It took a cool nerve, because if you threw the switch a twentieth of a second too soon you would catch the flywheel when it still had speed enough to go up past center, and the boat would leap ahead, charging bull-fashion at the dock.

We had a good week at the camp. The bass were biting well and the sun shone endlessly, day after day. We would be tired at night and lie down in the accumulated heat of the little bedrooms after the long hot day and the breeze would stir almost imperceptibly outside and the smell of the swamp drift in through the rusty screens. Sleep would come easily and in the morning the red squirrel would be on the roof, tapping out his gay routine. I kept remembering everything, lying in bed in the mornings—the small steamboat that had a long rounded stern like the lip of a Ubangi, and how quietly she ran on the moonlight sails, when the older boys played their mandolins and the girls sang and we ate doughnuts dipped in sugar, and how sweet the music was on the water in the shining night, and what it had felt like to think about girls then. After breakfast we would go up to the store and the things were in the same place—the minnows in a bottle, the plugs and spinners disarranged and pawed over by the youngsters from the boys' camp, the fig newtons and the Beeman's gum. Outside, the road was tarred and cars stood in front of the store. Inside, all was just as it had always been, except there was more Coca Cola and not so much Moxie and root beer and birch beer and sarsaparilla. We would walk out with a bottle of pop apiece and sometimes the pop would backfire up our noses and hurt. We explored the streams, quietly, where the turtles slid off the sunny logs and dug their way into the soft bottom; and we lay on the town wharf and fed worms to the tame bass. Everywhere we went I had trouble making out which was I, the one walking at my side, the one walking in my pants.

One afternoon while we were there at that lake a thunderstorm came up. It was like the revival of an old melodrama that I had seen long ago with childish awe. The second-act climax of the drama of the electrical disturbance over a lake in America had not changed in any important respect. This was the big scene, still the big scene. The whole thing was so familiar, the first feeling of oppression and heat and a general air around camp of not wanting to go very far away. In mid-afternoon (it was all the same) a curious darkening of the sky, and a lull in everything that had made life tick; and then the way the boats suddenly swung the other way at their moorings with the coming of a breeze out of the new quarter, and the premonitory rumble. Then the kettle drum, then the snare, then the bass drum and cymbals, then crackling light against the dark, and the gods grinning and licking their chops in the hills. Afterward the calm, the rain steadily rustling in the calm lake, the return of light and hope and spirits, and the campers running out in joy and relief to go swimming in the rain, their bright cries perpetuating the deathless joke about how they were getting simply drenched, and the children screaming with delight at the new sensation of bathing in the rain, and the joke about getting drenched linking the generations in a strong indestructible chain. And the comedian who waded in carrying an umbrella.

When the others went swimming my son said he was going in too. He pulled his dripping trunks from the line where they had hung all through the shower, and wrung them out. Languidly, and with no thought of going in, I watched him, his hard little body, skinny and bare, saw him wince slightly as he pulled up around his vitals the small, soggy, icy garment. As he buckled the swollen belt suddenly my groin felt the chill of death.

**On Keeping a Notebook || Joan Didion**

“That woman Estelle,” the note reads, “is partly the reason why George Sharp and I are separated today.’ *Dirty crepe—de—Chine wrapper, hotel bar, Wilmington RR, 9:45 a.m. August Monday morning.*”

Since the note is in my notebook, it presumably has some meaning to me. I study it for a long while. At first I have only the most general notion of what I was doing on an August Monday morning in the bar of the hotel across from the Pennsylvania Railroad station in Wilmington, Delaware (waiting for a train? missing one? 1960? 1961? why Wilmington?), but I do remember being there. The woman in the dirty crepe—de—Chine wrapper had come down from her room for a beer, and the bartender had heard before the reason why George Sharp and she were separated today. “Sure,” he said, and went on mopping the floor. “You told me.” At the other end of the bar is a girl. She is talking, pointedly, not to the man beside her but to a cat lying in the triangle of sunlight cast through the open door. She is wearing a plaid silk dress from Peck & Peck, and the hem is coming down.

Here is what it is: the girl has been on the Eastern Shore, and now she is going back to the city, leaving the man beside her, and all she can see ahead are the viscous summer sidewalks and the 3 a.m. long—distance calls that will make her lie awake and then sleep drugged through all the steaming mornings left in August (1960? 1961?). Because she must go directly from the train to lunch in New York, she wishes that she had a safety pin for the hem of the plaid silk dress, and she also wishes that she could forget about the hem and the lunch and stay in the cool bar that smells of disinfectant and malt and make friends with the woman in the crepe—de—Chine wrapper. She is afflicted by a little selfpity, and she wants to compare Estelles. That is what that was all about.

Why did I write it down? In order to remember, of course, but exactly what was it I wanted to remember? How much of it actually happened? Did any of it? Why do I keep a notebook at all? It is easy to deceive oneself on all those scores. The impulse to write things down is a peculiarly compulsive one, inexplicable to those who do not share it, useful only accidentally, only secondarily, in the way that any compulsion tries to justify itself. I suppose that it begins or does not begin in the cradle. Although I have felt compelled to write things down since I was five years old, I doubt that my daughter ever will, for she is a singularly blessed and accepting child, delighted with life exactly as life presents itself to her, unafraid to go to sleep and unafraid to wake up. Keepers of private notebooks are a different breed altogether, lonely and resistant rearrangers of things, anxious malcontents, children afflicted apparently at birth with some presentiment of loss.

My first notebook was a Big Five tablet, given to me by my mother with the sensible suggestion that I stop whining and learn to amuse myself by writing down my thoughts. She returned the tablet to me a few years ago; the first entry is an account of a woman who believed herself to be freezing to death in the Arctic night, only to find, when day broke, that she had stumbled onto the Sahara Desert, where she would die of the heat before lunch. I have no idea what turn of a five—year—old’s mind could have prompted so insistently “ironic” and exotic a story, but it does reveal a certain predilection for the extreme which has dogged me into adult life; perhaps if I were analytically inclined I would find it a truer story than any I might have told about Donald Johnson’s birthday party or the day my cousin Brenda put Kitty Litter in the aquarium.

So the point of my keeping a notebook has never been, nor is it now, to have an accurate factual record of what I have been doing or thinking. That would be a different impulse entirely, an instinct for reality which I sometimes envy but do not possess. At no point have I ever been able successfully to keep a diary; my approach to daily life ranges from the grossly negligent to the merely absent, and on those few occasions when I have tried dutifully to record a day’s events, boredom has so overcome me that the results are mysterious at best. What is this business about “shopping, typing piece, dinner with E, depressed”? Shopping for what? Typing what piece? Who is E? Was this “E” depressed, or was I depressed? Who cares?

In fact I have abandoned altogether that kind of pointless entry; instead I tell what some would call lies. “That’s simply not true,” the members of my family frequently tell me when they come up against



my memory of a shared event. “The party was *not* for you, the spider was not a black widow, *it wasn't that way at all.*” Very likely they are right, for not only have I always had trouble distinguishing between what happened and what merely might have happened, but I remain unconvinced that the distinction, for my purposes, matters. The cracked crab that I recall having for lunch the day my father came home from Detroit in 1945 must certainly be embroidery, worked into the day's pattern to lend verisimilitude; I was ten years old and would not now remember the cracked crab. The day's events did not turn on cracked crab. And yet it is precisely that fictitious crab that makes me see the afternoon all over again, a home movie run all too often, the father bearing gifts, the child weeping, an exercise in family love and guilt. Or that is what it was to me. Similarly, perhaps it never did snow that August in Vermont; perhaps there never were flurries in the night wind, and maybe no one else felt the ground hardening and summer already dead even as we pretended to bask in it, but that was how it felt to me, and it might as well have snowed, could have snowed, did snow.

*How it felt to me:* that is getting closer to the truth about a notebook. I sometimes delude myself about why I keep a notebook, imagine that some thrifty virtue derives from preserving everything observed. See enough and write it down, I tell myself, and then some morning when the world seems drained of wonder, some day when I am only going through the motions of doing what I am supposed to do, which is write — on that bankrupt morning I will simply open my notebook and there it will all be, a forgotten account with accumulated interest, paid passage back to the world out there: dialogue overheard in hotels and elevators and at the hat—check counter in Pavillon (one middle—aged man shows his hat check to another and says, “That's my old football number”); impressions of Bettina Aptheker and Benjamin Sonnenberg and Teddy (“Mr. Acapulco”) Stauffer; careful *aperçus* about tennis bums and failed fashion models and Greek shipping heiresses, one of whom taught me a significant lesson (a lesson I could have learned from F. Scott Fitzgerald, but perhaps we all must meet the very rich for ourselves) by asking, when I arrived to interview her in her orchid—filled sitting room on the second day of a paralyzing New York blizzard, whether It was snowing outside.

I imagine, in other words, that the notebook is about other people. But of course it is not. I have no real business with what one stranger said to another at the hat—check, counter in Pavillon; in fact I suspect that the line “That's my old football number” touched not my own imagination at all, but merely some memory of something once read, probably “The Eighty—Yard Run.” Nor is my concern with a woman in a dirty crepe—de—Chine wrapper in a Wilmington bar. My stake is always, of course, in the unmentioned girl in the plaid silk dress. *Remember what it was to be me:* that is always the point. It is a difficult point to admit. We are brought up in the ethic that others, any others, all others, are by definition more interesting than ourselves; taught to be diffident, just this side of self—effacing. (“You're the least important person in the room and don't forget it,” Jessica Mitford's governess would hiss in her ear on the advent of any social occasion; I copied that into my notebook because it is only recently that I have been able to enter a room without hearing some such phrase in my inner ear.) Only the very young and the very old may recount their dreams at breakfast, dwell upon self, interrupt with memories of beach picnics and favorite Liberty lawn dresses and the rainbow trout in a creek near Colorado Springs. The rest of us are expected, rightly, to affect absorption in other people's favorite dresses, other people's trout.

And so we do. But our notebooks give us away, for however dutifully we record what we see around us, the common denominator of all we see is always, transparently, shamelessly, the implacable “I.” We are not talking here about the kind of notebook that is patently for public consumption, a structural conceit for binding together a series of graceful *pensées*; we are talking about something private, about bits of the mind's string too short to use, an indiscriminate and erratic assemblage with meaning only for its maker.

And sometimes even the maker has difficulty with the meaning. There does not seem to be, for example, any point in my knowing for the rest of my life that, during 1964, 720 tons of soot fell on every square mile of New York City, yet there it is in my notebook, labeled “FACT”. Nor do I really need to remember that Ambrose Bierce liked to spell Leland Stanford's name “£eland Stanford” or that “smart women almost always wear black in Cuba,” a fashion hint without much potential for practical application. And does not the relevance of these notes seem marginal at best?:

In the basement museum of the Inyo County Courthouse in Independence, California, sign pinned to a mandarin coat: “This MANDARIN COAT was often worn by Mrs. Minnie S. Brooks when giving lectures on her TEAPOT COLLECTION.”  
Redhead getting out of car in front of Beverly Wilshire Hotel, chinchilla stole, Vuitton bags with tags reading:

MRS LOU FOX  
HOTEL SAHARA  
VEGAS

Well, perhaps not entirely marginal. As a matter of fact, Mrs. Minnie S. Brooks and her MANDARIN COAT pull me back into my own childhood, for although I never knew Mrs. Brooks and did not visit Inyo County until I was thirty, I grew up in just such a world, in houses cluttered with Indian relics and bits of gold ore and ambergris and the souvenirs my Aunt Mercy Farnsworth brought back from the Orient. It is a long way from that world to Mrs. Lou Fox’s world, where we all live now, and is it not just as well to remember that? Might not Mrs. Minnie S. Brooks help me to remember what I am? Might not Mrs. Lou Fox help me to remember what I am not?

But sometimes the point is harder to discern. What exactly did I have in mind when I noted down that it cost the father of someone I know \$650 a month to light the place on the Hudson in which he lived before the Crash? What use was I planning to make of this line by Jimmy Hoffa: “I may have my faults, but being wrong ain’t one of them”? And although I think it interesting to know where the girls who travel with the Syndicate have their hair done when they find themselves on the West Coast, will I ever make suitable use of it? Might I not be better off just passing it on to John O’Hara? What is a recipe for sauerkraut doing in my notebook? What kind of magpie keeps this notebook? “*He was born the night the Titanic went down.*” That seems a nice enough line, and I even recall who said it, but is it not really a better line in life than it could ever be in fiction?

But of course that is exactly it: not that I should ever use the line, but that I should remember the woman who said it and the afternoon I heard it. We were on her terrace by the sea, and we were finishing the wine left from lunch, trying to get what sun there was, a California winter sun. The woman whose husband was born the night the Titanic went down wanted to rent her house, wanted to go back to her children in Paris. I remember wishing that I could afford the house, which cost \$1,000 a month. “Someday you will,” she said lazily. “Someday it all comes.” There in the sun on her terrace it seemed easy to believe in someday, but later I had a low—grade afternoon hangover and ran over a black snake on the way to the supermarket and was flooded with inexplicable fear when I heard the checkout clerk explaining to the man ahead of me why she was finally divorcing her husband. “He left me no choice,” she said over and over as she punched the register. “He has a little seven—month—old baby by her, he left me no choice.” I would like to believe that my dread then was for the human condition, but of course it was for me, because I wanted a baby and did not then have one and because I wanted to own the house that cost \$1,000 a month to rent and because I had a hangover.

It all comes back. Perhaps it is difficult to see the value in having one’s self back in that kind of mood, but I do see it; I think we are well advised to keep on nodding terms with the people we used to be, whether we find them attractive company or not. Otherwise they turn up unannounced and surprise us, come hammering on the mind’s door at 4 a.m. of a bad night and demand to know who deserted them, who betrayed them, who is going to make amends. We forget all too soon the things we thought we could never forget. We forget the loves and the betrayals alike, forget what we whispered and what we screamed, forget who we were. I have already lost touch with a couple of people I used to be; one of them, a seventeen—year—old, presents little threat, although it would be of some interest to me to know again what it feels like to sit on a river levee drinking vodka—and—orange—juice and listening to Les Paul and Mary Ford and their echoes sing “How High the Moon” on the car radio. (You see I still have the scenes, but I no longer perceive myself among those present, no longer could even improvise the dialogue.) The other one, a twenty—three—year—old, bothers me more. She was always a good deal of trouble, and I suspect she will reappear when I least want to see her, skirts too long, shy to the point of aggravation, always the injured party, full of recriminations and little hurts and stories I do not want to hear again, at once saddening me and angering me with her vulnerability and ignorance, an apparition all the more insistent for being so long banished.

It is a good idea, then, to keep in touch, and I suppose that keeping in touch is what notebooks are all about. And we are all on our own when it comes to keeping those lines open to ourselves: your notebook will never help me, nor mine you. “*So what’s new in the whiskey business?*” What could that possibly mean to you? To me it means a blonde in a Pucci bathing suit sitting with a couple of fat men by the pool at the Beverly Hills Hotel. Another man approaches, and they all regard one another in silence for a while. “*So what’s new in the whiskey business?*” one of the fat men finally says by way of welcome, and the blonde stands up, arches one foot and dips it in the pool looking all the while at the cabana where Baby Pignatari is talking on the telephone. That is all there is to that, except that several years later I saw the blonde coming out of Saks Fifth Avenue in New York with her California complexion and a voluminous mink coat. In the harsh wind that day she looked old and irrevocably tired to me, and even the skins in the mink coat were not worked the way they were doing them that year, not the way she would have wanted them done, and there is the point of the story. For a while after that I did not like to look in the mirror, and my eyes would skim the newspapers and pick out only the deaths, the cancer victims, the premature coronaries, the suicides, and I stopped riding the Lexington Avenue IRT because I noticed for the first time that all the strangers I had seen for years — the man with the seeing—eye dog, the spinster who read the classified pages every day, the fat girl who always got off with me at Grand Central — looked older than they once had.

It all comes back. Even that recipe for sauerkraut: even that brings it back. I was on Fire Island when I first made that sauerkraut, and it was raining, and we drank a lot of bourbon and ate the sauerkraut and went to bed at ten, and I listened to the rain and the Atlantic and felt safe. I made the sauerkraut again last night and it did not make me feel any safer, but that is, as they say, another story.

(1966)

## Love || Lauren Slater

Scientists are discovering that the cocktail of brain chemicals that sparks romance is totally different from the blend that fosters long-term attachment. So what, really, is this thing called *love*.

My husband and I got married at eight in the morning. It was winter, freezing, the trees encased in ice and a few lone blackbirds balancing on telephone wires. We were in our early 30s, considered ourselves hip and cynical, the types who decried the institution of marriage even as we sought its status. During our wedding brunch we put out a big suggestion box and asked people to slip us advice on how to avoid divorce; we thought it was a funny, clear-eyed, grounded sort of thing to do, although the suggestions were mostly foolish: Screw the toothpaste cap on tight. After the guests left, the house got quiet. There were flowers everywhere: puckered red roses and fragile ferns. "What can we do that's really romantic?" I asked my newly wed one. Benjamin suggested we take a bath. I didn't want a bath. He suggested a lunch of chilled white wine and salmon. I was sick of salmon.

What can we do that's really romantic? The wedding was over, the silence seemed suffocating, and I felt the familiar disappointment after a longed-for event has come and gone. We were married. Hip, hip, hooray. I decided to take a walk. I went into the center of town, pressed my nose against a bakery window, watched the man with flour on his hands, the dough as soft as skin, pushed and pulled and shaped at last into stars. I milled about in an antique store. At last I came to our town's tattoo parlor. Now I am not a tattoo type person, but for some reason, on that cold silent Sunday, I decided to walk in. "Can I help you?" a woman asked.

"Is there a kind of tattoo I can get that won't be permanent?" I asked.

"Henna tattoos," she said.

She explained that they lasted for six weeks, were used at Indian weddings, were stark and beautiful and all brown. She showed me pictures of Indian women with jewels in their noses, their arms scrolled and laced with the henna markings. Indeed they were beautiful, sharing none of the gaudy comic strip quality of the tattoos we see in the United States. These henna tattoos spoke of intricacy, of the webwork between two people, of ties that bind and how difficult it is to find their beginnings and their ends. And because I had just gotten married, and because I was feeling a post wedding letdown, and because I wanted something really romantic to sail me through the night, I decided to get one.

"Where?" she asked.

"Here," I said. I laid my hands over my breasts and belly.

She raised her eyebrows. "Sure," she said.

I am a modest person. But I took off my shirt, lay on the table, heard her in the back room mixing powders and paints. She came to me carrying a small black-bellied pot inside of which was a rich red mush, slightly glittering. She adorned me. She gave me vines and flowers. She turned my body into a stake supporting whole new gardens of growth, and then, low around my hips, she painted a delicate chain-linked chastity belt. An hour later, the paint dry, I put my clothes back on, went home to find my newly wed one. This, I knew, was my gift to him, the kind of present you offer only once in your lifetime. I let him undress me. "Wow" he said, standing back. I blushed, and we began.

We are no longer beginning, my husband and I. This does not surprise me. Even back then, wearing the decor of desire, the serpentine tattoos, I knew they would fade, their red-clay color bleaching out until they were gone. On my wedding day I didn't care.

I do now. Eight years later, pale as a pillowcase, here I sit, with all the extra pounds and baggage time brings. And the questions have only grown more insistent. Does passion necessarily diminish over time? How reliable is romantic love, really, as a means of choosing one's mate? Can a marriage be good when Eros is replaced with friendship, or even economic partnership, two people bound by bank accounts?

Let me be clear: I still love my husband. There is no man I desire more. But it's hard to sustain romance in the crumb-filled quotidian that has become our lives. The ties that bind have been frayed by money and mortgages and children, those little imps who somehow manage to tighten the knot while weakening its actual fibers. Benjamin and I have no time for chilled white wine and salmon. The baths in our house always include Big Bird.

If this all sounds miserable, it isn't. My marriage is like a piece of comfortable clothing; even the arguments have a feel of fuzziness to them, something so familiar it can only be called home. And yet...

In the Western world we have for centuries concocted poems and stories and plays about the cycles of love, the way it morphs and changes over time, the way passion grabs us by our flung-back throats and then leaves us for something saner. If Dracula—the frail woman, the sensuality of submission—reflects how we understand the passion of early romance, the Flintstones reflects our experiences of long-term love: All is gravel and somewhat silly, the song so familiar you can't stop singing it, and when you do, the emptiness is almost unbearable.

We have relied on stories to explain the complexities of love, tales of jealous gods and arrows. Now, however, these stories—so much a part of every civilization—may be changing as science steps in to explain what we have always felt to be myth, to be magic. For the first time, new research has begun to illuminate where love lies in the brain, the particulars of its chemical components.

Anthropologist Helen Fisher may be the closest we've ever come to having a doyenne of desire. At 60 she exudes a sexy confidence, with corn-colored hair, soft as floss, and a willowy build. A professor at Rutgers University, she lives in New York City, her book-lined apartment near Central Park, with its green trees fluffed out in the summer season, its paths crowded with couples holding hands.

Fisher has devoted much of her career to studying the biochemical pathways of love in all its manifestations: lust, romance, attachment, the way they wax and wane. One leg casually crossed over the other, ice clinking in her glass, she speaks with appealing frankness, discussing the ups and downs of love the way most people talk about real estate. "A woman unconsciously uses orgasms as a way of deciding whether or not a man is good for her. If he's impatient and rough, and she doesn't have the orgasm, she may instinctively feel he's less likely to be a good husband and father. Scientists think the fickle female orgasm may have evolved to help women distinguish Mr. Right from Mr. Wrong."

One of Fisher's central pursuits in the past decade has been looking at love, quite literally, with the aid of an MRI machine. Fisher and her colleagues Arthur Aron and Lucy Brown recruited subjects who had been "madly in love" for an average of seven months. Once inside the MRI machine, subjects were shown two photographs, one neutral, the other of their loved one.

What Fisher saw fascinated her. When each subject looked at his or her loved one, the parts of the brain linked to reward and pleasure—the ventral tegmental area and the caudate nucleus—lit up. What excited Fisher most was not so much finding a location, an address, for love as tracing its specific chemical pathways. Love lights up the caudate nucleus because it is home to a dense spread of receptors for a neurotransmitter called dopamine, which Fisher came to think of as part of our own endogenous love potion. In the right proportions, dopamine creates intense energy, exhilaration, focused attention, and motivation to win rewards. It is why, when you are newly in love, you can stay up all night, watch the sun rise, run a race, ski fast down a slope ordinarily too steep for your skill. Love makes you bold, makes you bright, makes you run real risks, which you sometimes survive, and sometimes you don't.

I first fell in love when I was only 12, with a teacher. His name was Mr. McArthur, and he wore open-toed sandals and sported a beard. I had never had a male teacher before, and I thought it terribly exotic. Mr. McArthur did things no other teacher dared to do. He explained to us the physics of farting. He demonstrated how to make an egg explode. He smoked cigarettes at recess, leaning languidly against the side of the school building, the ash growing longer and longer until he casually tapped it off with his finger.

What unique constellation of needs led me to love a man who made an egg explode is interesting, perhaps, but not as interesting, for me, as my memory of love's sheer physical facts. I had never felt anything like it before. I could not get Mr. McArthur out of my mind. I was anxious; I gnawed at the lining of my cheek until I tasted the tang of blood. School became at once terrifying and exhilarating. Would I see him in the hallway? In the cafeteria? I hoped. But when my wishes were granted, and I got a glimpse of my man, it satisfied nothing; it only inflamed me all the more. Had he looked at me? Why had he not looked at me? When would I see him again? At home I looked him up in the phone book; I rang him, this in a time before caller ID. He answered.

"Hello?" Pain in my heart, ripped down the middle. Hang up.

Call back. "Hello?"

I never said a thing. Once I called him at night, late, and from the way he answered the phone it was clear, even to a prepubescent like me, that he was with a woman. His voice fuzzy, the tinkle of her laughter in the background. I didn't get out of bed for a whole day.

Sound familiar? Maybe you were 30 when it happened to you, or 8 or 80 or 25. Maybe you lived in Kathmandu or Kentucky; age and geography are irrelevant. Donatella Marazziti is a professor of psychiatry at the University of Pisa in Italy who has studied the biochemistry of lovesickness. Having been in love twice herself and felt its awful power, Marazziti became interested in exploring the similarities between love and obsessive-compulsive disorder.

She and her colleagues measured serotonin levels in the blood of 24 subjects who had fallen in love within the past six months and obsessed about this love object for at least four hours every day. Serotonin is, perhaps, our star neurotransmitter, altered by our star psychiatric medications: Prozac and Zoloft and Paxil, among others. Researchers have long hypothesized that people with obsessive-compulsive disorder (OCD) have a serotonin "imbalance." Drugs like Prozac seem to alleviate OCD by increasing the amount of this neurotransmitter available at the juncture between neurons.

Marazziti compared the lovers' serotonin levels with those of a group of people suffering from OCD and another group who were free from both passion and mental illness. Levels of serotonin in both the obsessives' blood and the lovers' blood were 40 percent lower than those in her normal subjects. Translation: Love and obsessive-compulsive disorder could have a similar chemical profile. Translation: Love and mental illness may be difficult to tell apart. Translation: Don't be a fool. Stay away.

Of course that's a mandate none of us can follow. We do fall in love, sometimes over and over again, subjecting ourselves, each time, to a very sick state of mind. There is hope, however, for those caught in the grip of runaway passion—Prozac. There's nothing like that bicolored bullet for damping down the sex drive and making you feel "blah" about the buffet. Helen Fisher believes that the ingestion of drugs like Prozac jeopardizes one's ability to fall in love—and stay in love. By dulling the keen edge of love and its associated libido, relationships go stale. Says Fisher, "I know of one couple on the edge of divorce. The wife was on an antidepressant. Then she went off it, started having orgasms once more, felt the renewal of sexual attraction for her husband, and they're now in love all over again."

Psychoanalysts have concocted countless theories about why we fall in love with whom we do. Freud would have said your choice is influenced by the unrequited wish to bed your mother, if you're a boy, or

your father, if you're a girl. Jung believed that passion is driven by some kind of collective unconscious. Today psychiatrists such as Thomas Lewis from the University of California at San Francisco's School of Medicine hypothesize that romantic love is rooted in our earliest infantile experiences with intimacy, how we felt at the breast, our mother's face, these things of pure unconflicted comfort that get engraved in our brain and that we ceaselessly try to recapture as adults. According to this theory we love whom we love not so much because of the future we hope to build but because of the past we hope to reclaim. Love is reactive, not proactive, it arches us backward, which may be why a certain person just "feels right." Or "feels familiar." He or she is familiar. He or she has a certain look or smell or sound or touch that activates buried memories.

When I first met my husband, I believed this psychological theory was more or less correct. My husband has red hair and a soft voice. A chemist, he is whimsical and odd. One day before we married he dunked a rose in liquid nitrogen so it froze, whereupon he flung it against the wall, spectacularly shattering it. That's when I fell in love with him. My father, too, has red hair, a soft voice, and many eccentricities. He was prone to bursting into song, prompted by something we never saw.

However, it turns out my theories about why I came to love my husband may be just so much hogwash. Evolutionary psychology has said good riddance to Freud and the Oedipal complex and all that other transcendent stuff and hello to simple survival skills. It hypothesizes that we tend to see as attractive, and thereby choose as mates, people who look healthy. And health, say these evolutionary psychologists, is manifested in a woman with a 70 percent waist-to-hip ratio and men with rugged features that suggest a strong supply of testosterone in their blood. Waist-to-hip ratio is important for the successful birth of a baby, and studies have shown this precise ratio signifies higher fertility. As for the rugged look, well, a man with a good dose of testosterone probably also has a strong immune system and so is more likely to give his partner healthy children.

Perhaps our choice of mates is a simple matter of following our noses. Claus Wedekind of the University of Lausanne in Switzerland did an interesting experiment with sweaty T-shirts. He asked 49 women to smell T-shirts previously worn by unidentified men with a variety of the genotypes that influence both body odor and immune systems. He then asked the women to rate which T-shirts smelled the best, which the worst. What Wedekind found was that women preferred the scent of a T-shirt worn by a man whose genotype was most different from hers, a genotype that, perhaps, is linked to an immune system that possesses something hers does not. In this way she increases the chance that her offspring will be robust.

It all seems too good to be true, that we are so hardwired and yet unconscious of the wiring. Because no one to my knowledge has ever said, "I married him because of his B.O." No. We say, "I married him (or her) because he's intelligent, she's beautiful, he's witty, she's compassionate." But we may just be as deluded about love as we are when we're in love. If it all comes down to a sniff test, then dogs definitely have the edge when it comes to choosing mates.

Why doesn't passionate love last? How is it possible to see a person as beautiful on Monday, and 364 days later, on another Monday, to see that beauty as bland? Surely the object of your affection could not have changed that much. She still has the same shaped eyes. Her voice has always had that husky sound, but now it grates on you—she sounds like she needs an antibiotic. Or maybe you're the one who needs an antibiotic, because the partner you once loved and cherished and saw as though saturated with starlight now feels more like a low-level infection, tiring you, sapping all your strength.

Studies around the world confirm that, indeed, passion usually ends. Its conclusion is as common as its initial flare. No wonder some cultures think selecting a lifelong mate based on something so fleeting is folly. Helen Fisher has suggested that relationships frequently break up after four years because that's about how long it takes to raise a child through infancy. Passion, that wild, prismatic insane feeling, turns out to be practical after all. We not only need to copulate; we also need enough passion to start breeding, and then feelings of attachment take over as the partners bond to raise a helpless human infant. Once a baby is no longer nursing, the child can be left with sister, aunts, friends. Each parent is now free to meet another mate and have more children.

Biologically speaking, the reasons romantic love fades may be found in the way our brains respond to the surge and pulse of dopamine that accompanies passion and makes us fly. Cocaine users describe the phenomenon of tolerance: The brain adapts to the excessive input of the drug. Perhaps the neurons become desensitized and need more and more to produce the high-to put out pixie dust, metaphorically speaking.

Maybe it's a good thing that romance fizzles. Would we have railroads, bridges, planes, faxes, vaccines, and television if we were all always besotted? In place of the ever evolving technology that has marked human culture from its earliest tool use, we would have instead only bonbons, bouquets, and birth control. More seriously, if the chemically altered state induced by romantic love is akin to a mental illness or a drug-induced euphoria, exposing yourself for too long could result in psychological damage. A good sex life can be as strong as Gorilla Glue, but who wants that stuff on your skin?

Once upon a time, in India, a boy and a girl fell in love without their parents' permission. They were from different castes, their relationship radical and unsanctioned. Picture it: the sparkling sari, the boy in white linen, the clandestine meetings on tiled terraces with a fat, white moon floating overhead. Who could deny these lovers their pleasure, or condemn the force of their attraction?

Their parents could. In one recent incident a boy and girl from different castes were hanged at the hands of their parents as hundreds of villagers watched. A couple who eloped were stripped and beaten. Yet another couple committed suicide after their parents forbade them to marry.

Anthropologists used to think that romance was a Western construct, a bourgeois by-product of the Middle Ages. Romance was for the sophisticated, took place in cafés, with coffees and Cabernets, or on silk sheets, or in rooms with a flickering fire. It was assumed that non-Westerners, with their broad familial and social obligations, were spread too thin for particular passions. How could a collectivist culture celebrate or in any way sanction the obsession with one individual that defines new love? Could a lice-ridden peasant really feel passion?

Easily, as it turns out. Scientists now believe that romance is panhuman, embedded in our brains since Pleistocene times. In a study of 166 cultures, anthropologists William Jankowiak and Edward Fischer observed evidence of passionate love in 147 of them. In another study men and women from Europe, Japan, and the Philippines were asked to fill out a survey to measure their experiences of passionate love. All three groups professed feeling passion with the same searing intensity.

But though romantic love may be universal, its cultural expression is not. To the Fulbe tribe of northern Cameroon, poise matters more than passion. Men who spend too much time with their wives are taunted, and those who are weak-kneed are thought to have fallen under a dangerous spell. Love may be inevitable, but for the Fulbe its manifestations are shameful, equated with sickness and social impairment.

In India romantic love has traditionally been seen as dangerous, a threat to a well-crafted caste system in which marriages are arranged as a means of preserving lineage and bloodlines. Thus the gruesome tales, the warnings embedded in fables about what happens when one's wayward impulses take over.

Today love marriages appear to be on the rise in India, often in defiance of parents' wishes. The triumph of romantic love is celebrated in Bollywood films. Yet most Indians still believe arranged marriages are more likely to succeed than love marriages. In one survey of Indian college students, 76 percent said they'd marry someone with all the right qualities even if they weren't in love with the person (compared with only 14 percent of Americans). Marriage is considered too important a step to leave to chance.

Renu Dinakaran is a striking 45-year-old woman who lives in Bangalore, India. When I meet her, she is dressed in Western-style clothes — black leggings and a T-shirt. Renu lives in a well-appointed apartment in this thronging city, where cows sleep on the highways as tiny cars whiz around them, plumes of black smoke rising from their sooty pipes.



Renu was born into a traditional Indian family where an arranged marriage was expected. She was not an arranged kind of person, though, emerging from her earliest days as a fierce tennis player, too sweaty for saris, and smarter than many of the men around her. Nevertheless at the age of 17 she was married off to a first cousin, a man she barely knew, a man she wanted to learn to love, but couldn't. Renu considers many arranged marriages to be acts of "state-sanctioned rape."

Renu hoped to fall in love with her husband, but the more years that passed, the less love she felt, until, at the end, she was shrunken, bitter, hiding behind the curtains of her in-laws' bungalow, looking with longing at the couple on the balcony across from theirs. "It was so obvious to me that couple had married for love, and I envied them. I really did. It hurt me so much to see how they stood together, how they went shopping for bread and eggs."

Exhausted from being forced into confinement, from being swaddled in saris that made it difficult to move, from resisting the pressure to eat off her husband's plate, Renu did what traditional Indian culture forbids one to do. She left. By this time she had had two children. She took them with her. In her mind was an old movie she'd seen on TV, a movie so strange and enticing to her, so utterly confounding and comforting at the same time, that she couldn't get it out of her head. It was 1986. The movie was *Love Story*.

"Before I saw movies like *Love Story*, I didn't realize the power that love can have," she says.

Renu was lucky in the end. In Mumbai she met a man named Anti, and it was then, for the first time, that she felt passion. "When I first met Anil, it was like nothing I'd ever experienced. He was the first man I ever had an orgasm with. I was high, just high, all the time. And I knew it wouldn't last, couldn't last, and so that infused it with a sweet sense of longing, almost as though we were watching the end approach while we were also discovering each other."

When Renu speaks of the end, she does not, to be sure, mean the end of her relationship with Anil; she means the end of a certain stage. The two are still happily married, companionable, loving if not "in love," with a playful black dachshund they bought together. Their relationship, once so full of fire, now seems to simmer along at an even temperature, enough to keep them well fed and warm. They are grateful.

"Would I want all that passion back?" Renu asks. "Sometimes, yes. But to tell you the truth, it was exhausting."

From a physiological point of view, this couple has moved from the dopamine-drenched state of romantic **love** to the relative quiet of an oxytocin-induced attachment. Oxytocin is a hormone that promotes a feeling of connection, bonding. It is released when we hug our long-term spouses, or our children. It is released when a mother nurses her infant. Prairie voles, animals with high levels of oxytocin, mate for life. When scientists block oxytocin receptors in these rodents, the animals don't form monogamous bonds and tend to roam. Some researchers speculate that autism, a disorder marked by a profound inability to forge and maintain social connections, is linked to an oxytocin deficiency. Scientists have been experimenting by treating autistic people with oxytocin, which in some cases has helped alleviate their symptoms.

In long-term relationships that work—like Renu and Anil's—oxytocin is believed to be abundant in both partners. In long-term relationships that never get off the ground, like Renu and her first husband's, or that crumble once the high is gone, chances are the couple has not found a way to stimulate or sustain oxytocin production.

"But there are things you can do to help it along," says Helen Fisher. "Massage. Make **love**. These things trigger oxytocin and thus make you feel much closer to your partner."

Well, I suppose that's good advice, but it's based on the assumption that you still want to have sex with that boring windbag of a husband. Should you fake-it-till-you-make-it?

"Yes," says Fisher. "Assuming a fairly healthy relationship, if you have enough orgasms with your partner, you may become attached to him or her. You will stimulate oxytocin."

This may be true. But it sounds unpleasant. It's exactly what your mother always said about vegetables: "Keep eating your peas. They are an acquired taste. Eventually, you will come to like them."

But I have never been a peas person.

It's 90 degrees on the day my husband and I depart, from Boston for New York City, to attend a kissing school. With two kids, two cats, two dogs, a lopsided house, and a questionable school system, we may know how to kiss, but in the rough and tumble of our harried lives we have indeed forgotten how to kiss.

The sky is paved with clouds, the air as sticky as jam in our hands and on our necks. The Kissing School, run by Cherie Byrd, a therapist from Seattle, is being held on the 12th floor of a run-down building in Manhattan. Inside, the room is whitewashed; a tiled table holds bottles of banana and apricot nectar, a pot of green tea, breath mints, and Chapstick. The other Kissing School students—sometimes they come from as far away as Vietnam and Nigeria—are sprawled happily on the bare floor, pillows and blankets beneath them. The class will be seven hours long.

Byrd starts us off with foot rubs. "In order to be a good kisser," she says, "you need to learn how to do the foreplay before the kissing." Foreplay involves rubbing my husband's smelly feet, but that is not as bad as when he has to rub mine. Right before we left the house, I accidentally stepped on a diaper the dog had gotten into, and although I washed, I now wonder how well.

"Inhale," Byrd says, and shows us how to draw in air.

"Exhale," she says, and then she jabs my husband in the back. "Don't focus on the toes so much," she says. "Move on to the calf."

Byrd tells us other things about the art of kissing. She describes the movement of energy through various chakras, the manifestation of emotion in the lips; she describes the importance of embracing all your senses, how to make eye contact as a prelude, how to whisper just the right way. Many hours go by. My cell phone rings. It's our babysitter. Our one-year-old has a high fever. We must cut the long lesson short. We rush out. Later on, at home, I tell my friends what we learned at Kissing School: We don't have time to kiss.

A perfectly typical marriage. Love in the Western world.

Luckily I've learned of other options for restarting love. Arthur Aron, a psychologist at Stony Brook University in New York, conducted an experiment that illuminates some of the mechanisms by which people become and stay attracted. He recruited a group of men and women and put opposite sex pairs in rooms together, instructing each pair to perform a series of tasks, which included telling each other personal details about themselves. He then asked each couple to stare into each other's eyes for two minutes. After this encounter, Aron found most of the couples, previously strangers to each other, reported feelings of attraction. In fact, one couple went on to marry.

Fisher says this exercise works wonders for some couples. Aron and Fisher also suggest doing novel things together, because novelty triggers dopamine in the brain, which can stimulate feelings of attraction. In other words, if your heart flutters in his presence, you might decide it's not because you're anxious but because you love him. Carrying this a step further, Aron and others have found that even if you just jog in place and then meet someone, you're more likely to think they're attractive. So first dates that involve a

nerve-racking activity, like riding a roller coaster, are more likely to lead to second and third dates. That's a strategy worthy of posting on Match.com. Play some squash. And in times of stress—natural disasters, blackouts, predators on the prowl—lock up tight and hold your partner.

In Somerville, Massachusetts, where I live with my husband, our predators are primarily mosquitoes. That needn't stop us from trying to enter the windows of each other's soul. When I propose this to Benjamin, he raises an eyebrow.

"Why don't we just go out for Cambodian food?" he says.

"Because that's not how the experiment happened."

As a scientist, my husband is always up for an experiment. But our lives are so busy that, in order to do this, we have to make a plan. We will meet next Wednesday at lunchtime and try the experiment in our car.

On the Tuesday night before our rendezvous, I have to make an unplanned trip to New York. My husband is more than happy to forget our date. I, however, am not. That night, from my hotel room, I call him.

"We can do it on the phone," I say.

"What am I supposed to stare into?" he asks. "The keypad?"

"There's a picture of me hanging in the hall. Look at that for two minutes. I'll look at a picture I have of you in my wallet."

"Come on," he says.

"Be a sport," I say. "It's better than nothing." Maybe not. Two minutes seems like a long time to stare at someone's picture with a receiver pressed to your ear. My husband sneezes, and I try to imagine his picture sneezing right along with him, and this makes me laugh.

Another 15 seconds pass, slowly, each second stretched to its limit so I can almost hear time, feel time, its taffy-like texture, the pop it makes when it's done. Pop pop pop. I stare and stare at my husband's picture. It doesn't produce any sense of startling intimacy, and I feel defeated.

Still, I keep on. I can hear him breathing on the other end. The photograph before me was taken a year or so ago, cut to fit my wallet, his strawberry blond hair pulled back in a ponytail. I have never really studied it before. And I realize that in this picture my husband is not looking straight back at me, but his pale blue eyes are cast sideways, off to the left, looking at something I can't see. I touch his eyes. I peer close, and then still closer, at his averted face. Is there something sad in his expression, something sad in the way he gazes off?

I look toward the side of the photo, to find what it is he's looking at, and then I see it: a tiny turtle coming toward him. Now I remember how he caught it after the camera snapped, how he held it gently in his hands, showed it to our kids, stroked its shell, his forefinger moving over the scaly dome, how he held the animal out toward me, a love offering. I took it, and together we sent it back to the sea.

## **The Death of The Moth || Virginia Woolf**

Moths that fly by day are not properly to be called moths; they do not excite that pleasant sense of dark autumn nights and ivy-blossom which the commonest yellow-underwing asleep in the shadow of the curtain never fails to rouse in us. They are hybrid creatures, neither gay like butterflies nor sombre like their own species. Nevertheless, the present specimen, with his narrow hay-coloured wings, fringed with a tassel of the same colour, seemed to be content with life. It was a pleasant morning, mid-September, mild, benignant, yet with a keener breath than that of summer months. The plough was already scoring the field opposite the window, and where the share had been, the earth was pressed flat and gleamed with moisture. Such vigour came rolling in from the fields and the down beyond that it was difficult to keep the eyes strictly turned upon the book. The rooks too were keeping one of their annual festivities; soaring round the tree tops until it looked as if a vast net with thousands of black knots in it had been cast up into the air, which, after a few moments sank slowly down upon the trees until every twig seemed to have a knot at the end of it. Then, suddenly, the net would be thrown into the air again in a wider circle this time, with the utmost clamour and vociferation, as though to be thrown into the air and settle slowly down upon the tree tops were a tremendously exciting experience.

The same energy which inspired the rooks, the ploughmen, the horses, and even, it seemed, the lean bare-backed downs, sent the moth fluttering from side to side of his square of the window-pane. One could not help watching him. One was, indeed, conscious of a queer feeling of pity for him. The possibilities of pleasure seemed that morning so enormous and so various that to have only a moth's part in life, and a day moth's at that, appeared a hard fate, and his zest in enjoying his meagre opportunities to the full, pathetic. He flew vigorously to one corner of his compartment, and, after waiting there a second, flew across to the other. What remained for him but to fly to a third corner and then to a fourth? That was all he could do, in spite of the size of the downs, the width of the sky, the far-off smoke of houses, and the romantic voice, now and then, of a steamer out at sea. What he could do he did. Watching him, it seemed as if a fibre, very thin but pure, of the enormous energy of the world had been thrust into his frail and diminutive body. As often as he crossed the pane, I could fancy that a thread of vital light became visible. He was little or nothing but life.

Yet, because he was so small, and so simple a form of the energy that was rolling in at the open window and driving its way through so many narrow and intricate corridors in my own brain and in those of other human beings, there was something marvellous as well as pathetic about him. It was as if someone had taken a tiny bead of pure life and decking it as lightly as possible with down and feathers, had set it dancing and zig-zagging to show us the true nature of life. Thus displayed one could not get over the strangeness of it. One is apt to forget all about life, seeing it humped and bossed and garnished and cumbered so that it has to move with the greatest circumspection and dignity. Again, the thought of all that life might have been had he been born in any other shape caused one to view his simple activities with a kind pity.

After a time, tired by his dancing apparently, he settled on the window ledge in the sun, and, the queer spectacle being at an end, I forgot about him. Then, looking up, my eye was caught by him. He was trying to resume his dancing, but seemed either so stiff or so awkward that he could only flutter to the bottom of the window-pane; and when he tried to fly across it he failed. Being intent on other matters I watched these futile attempts for a time without thinking, unconsciously waiting for him to resume his flight, as one waits for a machine, that has stopped momentarily, to start again without considering the reason of its failure. After perhaps a seventh attempt he slipped from the wooden ledge and fell, fluttering his wings,

on to his back on the window sill. The helplessness of his attitude roused me. It flashed upon me that he was in difficulties; he could no longer raise himself; his legs struggled vainly. But, as I stretched out a pencil, meaning to help him to right himself, it came over me that the failure and awkwardness were the approach of death. I laid the pencil down again.

The legs agitated themselves once more. I looked as if for the enemy against which he struggled. I looked out of doors. What had happened there? Presumably it was mid-day, and work in the fields had stopped. Stillness and quiet had replaced the previous animation. The birds had taken themselves off to feed in the brooks. The horses stood still. Yet the power was there all the same, massed outside indifferent, impersonal, not attending to anything in particular. Somehow it was opposed to the little hay-coloured moth. It was useless to try to do anything. One could only watch the extraordinary efforts made by those tiny legs against an oncoming doom which could, had it chosen, have submerged an entire city, not merely a city, but masses of human beings; nothing, I knew had any chance against death. Nevertheless after a pause of exhaustion the legs fluttered again. It was superb this last protest, and so frantic that he succeeded at last in righting himself. One's sympathies, of course, were all on the side of life. Also, when there was nobody to care or to know, this gigantic effort on the part of an insignificant little moth, against a power of such magnitude, to retain what no one else valued or desired to keep, moved one strangely. Again, somehow, one saw life, a pure bead. I lifted the pencil again, useless though I knew it to be. But, even as I did so, the unmistakable tokens of death showed themselves. The body relaxed, and instantly grew stiff. The struggle was over. The insignificant little creature now knew death. As I looked at the dead moth, this minute wayside triumph of so great a force over so mean an antagonist filled me with wonder. Just as life had been strange. The moth having righted himself now lay most decently and uncomplainingly composed. O yes, he seemed to say, death is stronger than I am.