

sitting room, a New York blizzard. When Didion returns to these bits in her notebook, her memory will pull up a version of her original experience.

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? and 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 self-pity, 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

