The Twilight Companion

The Unauthorized Guide to the Series

lois H. Gresh

twilight companion

the una 延蒙正地学院图书馆 to the series 散书章

lois h. gresh



THE TWILIGHT COMPANION: THE UNAUTHORIZED GUIDE TO THE SERIES. Copyright © 2008 by Lois H. Gresh. All rights reserved. Printed in the United States of America. For information, address St. Martin's Press, 175 Fifth Avenue, New York, N.Y. 10010.

www.stmartins.com

ISBN-13: 978-0-312-38705-1

ISBN-10: 0-312-38705-9

10 9 8 7 6 5 4 3

ALSO BY LOIS H. GRESH

The Fan's Guide to Artemis Fowl*

The Fan's Guide to The Spiderwick Chronicles: Unauthorized Fun with Fairies, Ogres, Brownies, Boggarts, and More!

Exploring Philip Pullman's His Dark Materials:
An Unauthorized Adventure Through The Golden Compass,
The Subtle Knife, and The Amber Spyglass

The Ultimate Unauthorized Eragon Guide: The Hidden Facts Behind the World of Alagaësia

The Truth Behind a Series of Unfortunate Events: Eyeballs, Leeches, Hypnotism, and Orphans—Exploring Lemony Snicket's World

Dragonball Z: An Unauthorized Guide

The Termination Node (with Robert Weinberg)

The Computers of Star Trek (with Robert Weinberg)

Technolife 2020

Chuck Farris and the Tower of Darkness

Chuck Farris and the Cosmic Storm

Chuck Farris and the Labyrinth of Doom

The Science of Superheroes (with Robert Weinberg)

The Science of Supervillains (with Robert Weinberg)

The Science of James Bond (with Robert Weinberg)

The Science of Anime (with Robert Weinberg)

The Science of Stephen King (with Robert Weinberg)

Why Did It Have to Be Snakes?: From Science to the Supernatural,
The Many Mysteries of Indiana Jones (with Robert Weinberg)

^{*}forthcoming

CONTENTS

chapter 1	I Beg You: Please Suck My Blood	1
chapter 2	Sexy Vampires: They're Beautiful, Strong,	15
	and Immortal, So What's Not to Like?	
chapter 3	What to Expect When You Fall in Love with	28
	a Vampire	
chapter 4	Bella's Awakening: What Really Happens When	38
	You Turn into a Vampire	
chapter 5	Vampire Quiz!	49
chapter 6	Good Vampires and Bad Vampires	63
chapter 7	Sexy Werewolves: They're Furry, Strong,	77
	and Sensitive New Age Kinds of Guys, So	
	What's Not to Like?	
chapter 8	What to Expect When You Fall in Love with	86
	a Werewolf	
chapter 9	Werewolf Quiz!	92
chapter 10	Good Werewolves and Bad Werewolves	96
chapter 11	Vampires and Werewolves: Can They Ever Be	105
	Friends?	
chapter 12	Favorite Twilight Characters and Vampires and	112
	Werewolves Throughout Time	
chapter 13	Protecting Your Vampire, Part 1: Everything You	119
	Need to Know About Fangs, Sunlight, Crosses,	
	Garlic, and Holy Water	
chapter 14	Protecting Your Vampire, Part 2: Everything You	141
	Need to Know About Coffins, Black Capes, Bats,	
	Wooden Stakes Through the Heart, Decapitation,	
	and Fire	
chapter 15	Vampire Test!	160
chapter 16	Living Forever: Is It All That It's Cracked	167
	Up to Be?	

viii ♦ CONTENTS

chapter 17	Mental Telepathy and Seeing the Future	175
chapter 18	Romance Quiz: Could Edward Be the Man	184
	for You?	
chapter 19	The Final Twilight Book: All the Answers You've	234
	Been Dying to Learn	

I BEG YOU:

Please Suck My Blood

♦

Throughout the first three books of Stephenie Meyer's extremely popular Twilight Sagal heroine Isabella, aka Bella Swan, desperately wants vampire Edward Cullen to suck her blood. She wants to be a vampire with him, young forever, in love forever, and for that to happen requires that Edward mix his blood with hers and taint her with the gift (or curse) of vampirism.

It's a theme of many vampire movies and books, though in the case of Twilight, it's done a little differently. Bella's vampire friends, the Cullens, aren't like other vampires we've met, nor are her werewolf friends like the werewolves we've encountered in other tales.

These vampires and were wolves have souls and consciences. They care about humans. They don't want to kill people, and indeed, they will sacrifice themselves to protect their human loved ones.

In most vampire lore, the blood-sucking guy doesn't have much in the way of compassion. He can't resist surping up as much blood as possible from the necks of beautiful, young women—men and children as well, though most traditional vampires seem to have a preference for the blood of young women. It's alluring to them, just as the young women find the vampires highly alluring.

It's as if the vampire grabs hold of the girl, her very soul, and she can't escape his clutches. This is the typical way of the vampire, whether he's a creepy, ancient, gnarled monster as in the 1922 film Nosferatu, which I'll tell you about later in this book, or a suave, handsome charmer like Bela Lugosi, who starred in the 1931 version of Bram Stoker's Dracula. Of course, there are the in-between vampires, who are actually disgusting, batlike, ancient monsters who can look like young, handsome guys whenever they want. One example is Dracula in the 1992 Francis Ford Coppola film Bram Stoker's Dracula.

Don't worry. I'll tell you all about these various other vampires in this book, and then, we can compare them to Edward Cullen and his family. What does Edward have in common with the original Count Dracula and all of the other vampires who came before him? How is his family different from theirs? Historically, do vampires and werewolves fight as they do in the Twilight Saga, or are they friends? These are only some of the questions we'll answer in this book.

But of all the questions we contemplate, perhaps the most burning one is: What is it about Edward Cullen that makes him so desirable, hot, and sexy?

At seventeen, if you encountered Edward Cullen in your biology class, would you fall for him? If you saw him in the school cafeteria, would you instantly be drawn to him? Probably. I know would! After all, Stephenie Meyer describes him as "devastatingly, inhumanly beautiful."

Here she is, an ordinary gal, moving to some godforsaken, gloomy, remote town to live with her father. Her mother has re-

^{1.} Stephenie Meyer, Twilight (New York: Little, Brown and Company, 2005), p. 19.

married, and it's time for Bella to give her mom some space. Now, I don't know many girls who leave home to live with fathers they don't know just to give their remarried mothers space, but Bella is special.

So she moves to Forks, Washington, where it always rains, and while attending the small rural school as the new kid, bam, she shags Edward Cullen, an incredibly handsome dude with the most appealing personality you could possibly imagine. You may know what this is like: you see a guy, and he has the sweetest smile and a shy way about him, yet you can tell that he also has the hots for you. You get to know him, and not only is he madly in love with you, basically worshipping the ground you walk on, but he's compassionate, understanding, kind, and wonderful in all ways. He is Mr. Perfect. Any girl would want this guy, and any girl would want to be Bella, who is the object of Edward's desires.

MR. PERFECT

Every girl wants to meet Mr. Perfect, and every girl has her own image of what Mr. Perfect will be like. Most of us want to be with a guy who makes us laugh, understands us, forgives our shortcomings, and thinks we're the most beautiful and wonderful girl on Earth. Most girls would add that Mr. Perfect must be physically attractive, but of course, that attribute differs depending on the girl to whom you're talking.

Popular magazines survey women and then list the top ten most attractive men on a yearly basis. *People* magazine actually calls their list "Top 10 Sexiest Men Alive." In

4 ♦ THE TWILIGHT COMPANION

2007, *People* magazine² identified these guys as the top ten sexiest:

- 1. Thirty-seven-year-old Matt Damon, a famous movie star (*The Bourne Ultimatum, The Good Shepherd*, etc.), was selected as top choice because of his good sense of humor, his stay-at-home family man attitude, and his humble attitude.
- 2. Forty-one-year-old Patrick Dempsey, who stars on the television program *Grey's Anatomy*, has been married for eight years (yes, to the same girl) and has three children. The magazine doesn't state why Dempsey's on the list, but on the surface, he seems to have family values in common with Matt Damon. The magazine does quote him as saying that eyes are the most attractive part of a woman, which implies that he might be a sensitive, compassionate sort of guy.
- 3. Thirty-one-year-old Canadian movie star Ryan Reynolds (X-Men Origins: Wolverine, The Amityville Horror, etc.), who apparently is on the list for his physical charms: he's six feet two inches tall with rock-hard muscles. Edward Cullen is tall, handsome, and has rock-hard muscles, too.
- **4.** Forty-three-year-old extremely famous movie star Brad Pitt (*Troy, Mr. & Mrs. Smith, Fight Club,* etc.), who is described as handsome.
- 5. Twenty-eight-year-old James McAvoy, who starred in the movie Atonement, in which his character was madly in love with his girlfriend and nobody else—forever. Hence, he also has something in common with Edward Cullen.
- 6. Forty-four-year-old extremely famous movie star Johnny Depp (*Pirates of the Caribbean, Edward Scissorhands*,

^{2.} http://www.people.com/people/package/gallery/0,,20154290_20159879,00 html.

- etc.), who is supposedly appealing because he's unusual and doesn't care what other people think of him and how he lives. He's also described by the magazine as being a family man.
- 7. Twenty-eight-year-old television and movie actor Dave Annable (*Brothers & Sisters* TV series, etc.), who is pictured cuddling up to an extremely cute dog.
- 8. Thirty-nine-year-old extremely famous movie star Will Smith (*I Am Legend, Men in Black,* etc.), who is described as the ultimate family man, in love with his wife and only his wife—forever.
- 9. Thirty-eight-year-old Spanish actor Javier Bardem (No Country for Old Men, Love in the Time of Cholera, etc.) who possesses a "seductive intensity."
- 10. Thirty-seven-year-old Shemar Moore, a former soap opera star/model who claims that his sex appeal has a lot do with his haircut, his tan, and his clothing.

One thing that really sticks out about all ten of *People* magazine's sexiest men alive is that they are much older than Edward Cullen. This means that the women compiling the list (or voting for the sexiest men alive) are not in high school like Bella. Maybe a forty-four-year-old family man is sexy to a mother in her late thirties. Maybe a guy in his thirties or forties who is faithful to his wife and children, and who happens to be a handsome, wealthy movie star, is the ideal sexy guy for a lady who is also in her thirties or forties.

But where are the *young* guys on this list? Let's review just a few young guys who are movie stars and see if they are as appealing to us as Edward Cullen. First, there's Daniel Radcliffe,

(continued)

who is nineteen years old and the star of the *Harry Potter* movies. Does he appeal to you more than Edward Cullen? My guess is that you're shaking your head no. Edward has those muscles, that smile, those eyes, that intensely passionate way about him.

Then there's a guy named Emile Hirsh, who is twenty-three years old and was in movies such as *The Girl Next Door* (2004). He's definitely cute, but again, Edward Cullen is much sexier.

And there are others, of course. Leonardo DiCaprio comes to mind, but he's thirty-three years old, which puts him way out of the ballpark in competing with the seventeen-year-old Edward Cullen (who was born in 1901, which made him a whopping 104 years old in 2005 when *Twilight* was first published). In terms of movie stars, it's hard to think of anyone who is approximately seventeen years old and who looks, acts, and thinks like Edward Cullen.

Edward is Mr. Perfect.

An obvious candidate for *People* magazine's "Top 10 Sexiest Men Alive" list is gorgeous Robert Pattinson, who plays the role of Edward Cullen in the Twilight movie. Born in 1986, Pattinson is an English actor with bronze-brown hair and medium brown eyes, which could look molten bronze with the help of contact lenses.

Bella makes lots of friends, and even has another boy, Mike Newton, constantly chasing her. Mike is cute with light blond hair; he's friendly, and he's extremely attentive and nice to her. Bella doesn't know how to handle Mike because he's attracted to her; she doesn't want to hurt him, yet she's not romantically interested in him.

We all know what this is like and how difficult it is to ease someone away without hurting his feelings. In ninth grade, there was a guy who sat next to me in band, and he ended up asking me to the junior prom. I was horrified because I really didn't know him at all, and he was just a guy sitting next to me in band. It's not as if I daydreamed about him or wanted to get to know him at all. To prove that point, the extent of our conversation had been limited to the following:

"Turn the page."

"Uh-huh."

That was it, turning sheet music to the next page. So I ended up giving an excuse of some kind and not going to the junior prom.

When you're a junior or senior in high school, it's okay to be rejected, if it's done in a kind way. The guys are still resilient, and they just move on and try to score with another chick. They don't hate you for it. They barely remember you after you turn them down.

In the end, Mike doesn't hate Bella for turning him down, either. He pines for her endlessly, but of course, she hooks him up with a friend, and things work out for the best.

Bella is a wonderful character: she's an ordinary kind of girl, just like you and me; she has a nice personality, very caring and considerate; and she's also loyal and devoted. And if that weren't enough in the way of positive characteristics, she's intelligent, too. So who wouldn't want to be like Bella?



The book you hold in your hands was written from one Twilight fan to another. I'm assuming you've read all three of Stephenie Meyer's terrific books in the Twilight Saga: Twilight, Eclipse, and

New Moon. I'm also assuming that, by the time this book is in print, you might already be holding her fourth Twilight book and turning to page one. I bought it and read it as soon as it was available. After all, I wanted to know if Edward gives Bella her dream, to be a vampire and "live" with him forever. Or if maybe, Edward found a way to be human again, just seventeen, so he and Bella could truly live happily ever after, though not forever. This is what we were all dying (sorry to use that word when writing about Bella and vampires) to know.

But there are other matters at hand. For example, reading the first three Twilight books, especially the first one, made me start wondering, just what is it that attracts us girls to these gorgeous guys? Why can't we resist molten copper eyes and big muscles? Why is it so important that we feel special to our guys? Remember, Edward's been "alive" for more than a hundred years, yet he's never fallen in love, not until he runs into Bella Swan, that is. Stephenie Meyer has us all wondering: why is Bella so special to Edward? This book is going to delve into these questions, guiding you through vampire lore, seeking to discover whether vampires have always been this way with their girls, or if it's only Edward who falls in love once—with Bella.

We'll also think about vampires themselves and why they've appealed to women throughout the ages. I'd rather think that we are mesmerized by them than think that we all want our blood drained. But honestly, unless it's a real vampire with those intoxicating eyes and supernatural powers, this remains a very valid question. Since Bela Lugosi in the 1931 Dracula film, women have been glued to vampire movies and books, and there has to be a reason. We'll attempt to figure out what that reason might be.

If you fall in love with a vampire, you don't have a rule book

to follow. Your mother can't give you advice, and neither can your dad. There's no book telling the new bride of a vampire what's expected of her, how to act around the in-laws, whether and how she can even have children, and so forth. If you have a baby with your vampire man, there's no baby book or pediatrician equipped to tell you about raising a baby vampire. Can you take the baby to a playground without risking the lives of a bunch of toddlers? I wonder if vampire babies need milk, or whether a diet of nothing but blood suffices to build strong bones and brains.

HOW MANY PEOPLE DOES A VAMPIRE NEED TO DRINK TO STAY ALIVE?

After sucking blood out of the neck of a young woman, the typical vampire is so full that he nearly collapses. This implies that a thin, young woman has blood containing a lot of nutrition, or at least, a lot of calories.

Let's assume our male vampire has the body and metabolism of a seventeen-year-old, just like Edward Cullen. Let's also assume that he weighs 165 pounds and is only six feet tall, just to keep things simple. Hunting in the forest every night, running close to the speed of light, lifting vans: our vampire dude is in great shape, just like Edward, and has a lot of muscles. We can also say that his activity level is high. This particular type of creature, if he were pure human, might need approximately 3,200 calories per day.

Okay, now let's assume that our male vampire has the body and metabolism of a hundred-year-old, just like Nosferatu in the 1922 film. In this case, we'll assume that he weighs 140 pounds and is only five feet ten inches tall. He's emaciated but still in good shape for such an old guy. He doesn't have much muscle on his vampiric body. His activity level is pretty low, as he seems to stay in his castle most of the time, drinking blood from wine bottles and small animals. He's incredibly bloodthirsty for a young woman, so much so that he travels in a coffin across the ocean simply to pursue someone's wife. If even remotely human, this guy might need 1,200 calories per day.

In each case, we should add vampiric calories to the human calories that we just calculated. For example, a vampire transforms into bats, wolves, and mists, and this must take a lot of energy. I don't know of any medical studies that have established the caloric needs of a shapeshifting creature, so we're in new territory here. Let's say a vampire needs 1,200 calories to transform from human to bat/wolf/mist form, and maybe 1,200 calories to return to his ordinary form. That's a total of 2,400 calories.

The young virile vampire thus needs a total of 3,200 plus 2,400 calories, or 5,600 calories per day. The ancient gnarled Nosferatu type of vampire needs 1,200 plus 2,400 calories, or 3,600 calories per day.

The average person has about 5 liters, or 5,000 milliliters of blood in her body. If you donate a pint of blood, you're donating approximately 473 milliliters of blood. If you pass out, which I have done simply by donating a pint of blood, beware of any vampire. He'll suck out a lot more than one pint. It's amazing that his female victims remain conscious at all.

According to the Mayo Clinic, a person who donates one

pint of blood loses 650 calories.³ Note to readers on diets: do not donate blood as a method of weight loss. It's not blood you want to remove from your body (if so, get a vampire boyfriend), it's excess fat. What's the point of ending up with a fat body that has no blood in it?

All we need now is a simple calculation, and we'll know how many people a typical vampire needs to suck dry every day. If a typical person has 5,000 milliliters of blood in her body, and each 473 milliliters contain 650 calories, then:

5,000 divided by 473 equals 10.57 10.57 multiplied by 650 calories equals 6,870.50 calories of blood in a typical human body

It's enough for a vampire like Edward, who might need about 5,600 calories per day, and it's like a couple of Thanksgiving feasts for an ancient wisplike Nosferatu.

I suspect that bears have a lot more blood in them than humans, so if a young male vampire drains a bear every now and then, he can probably remain healthy for a long time. Hence, a male Cullen vampire can probably sustain himself for lengthy periods without draining even one human female.

Beyond all that, which is a lot, if Bella and Edward continue to be a couple, as she desperately wants, she's going to have to learn a lot about protecting her man. Again, there's no guide to the health of a vampire. There's no American Vampire Health Association. No Red Cross for Vampires (though it would be

^{3.} http://www.mayoclinic.org/donateblood/know.html.