

2000:161-62; Chew 2004:49). In addition, the Chinese ate diced bacon, poultry, dried oysters, abalone, cuttlefish, various dried fruits, sweet rice crackers, vermicelli, peanut oil, and rice (Ambrose 2000:161-62; Chew 2004:49) (Figures 9.4 and 9.5). On the other hand, the Irish crews kept to an unvarying menu of boiled food, such as beef, beans, and potatoes, while the Chinese diet not only varied, but was a more healthy diet (Ambrose 2000:161). In addition, instead of drinking water from polluted or consuming alcohol beverages, the Chinese drank only tea for which water was always boiled first (Ambrose 2000:162; Chew 2004:19). While tea was part of every meal, it was also the only drink the Chinese consumed throughout the working day. The tea was dispensed by carrier, usually a boy, who brought to the workers on site (Ambrose 2000:162). The Irish and American workers drank water from streams that were often contaminated and are known for the large quantities of liquor when they were not working (Loomis 1869 in Ambrose 2000:162; Chugg 1997). At the conclusion of a day's work, the Chinese worker would take a sponge bath and change into clean clothing, unlike their European and American counterparts, who only occasionally bathed and changed clothes (Ambrose 2000:162; Chugg 1997). This regime of diet and cleanliness kept the Chinese healthier. They were able to often avoid dysentery, diarrhea, and the other diseases that plagued the other work crews (Ambrose 2000:162).

While the Chinese avoided liquor or other alcoholic beverages, many of the did indulge themselves in the use of opium (Ambrose 2000:162) (Figures 9.6-9.8). However, the use of the drug did not leave them hung over the next day and it appears to have been confined to days when no work was taking place (Ambrose 2000:162). The Chinese also played games, including those that involved some form of gambling (Figure 9.9). However, these games appear to have been limited those participates who were members of the work crews and not outsiders or professionals. Thus, cheating and fights were kept to minimum and were generally resolved by the head men, and the railroad or contractors. The Chinese kept to themselves and did not co-mingle with the other non-Asian workers. Contentions in the other camps seem to have come from the outside professional gamblers, saloon keepers, and prostitutes that followed these camps.

### Work on the Railroad

The equipment the Chinese had to work with was crude consisting mostly of hand tools such as shovels, picks, wheelbarrows, and small carts. Black powder was utilized to blast the granite rock face and to bore tunnels through the Sierra Mountains. While the work on the railroad in this rock and mountainous terrain consisted of long back-breaking hours, it was also the kind of work that the Chinese had been accustomed to performing in the fields and human powered industries of China. The work on the railroad consisted of cutting and milling timber for ties, excavating cuts through elevated areas, filling in low-lying areas and depressions along the grade, blasting rock for grades and tunnels, and other arduous tasks (Ambrose 2000:153). The Irish workers undertook the more skilled jobs, as well as some of the more heavy work that the small framed Chinese were considered unfit to perform. These tasks included working as teamsters, stonemasons, foremen, and laying the rails once the grade and ties were laid.