

Nickel-and-Dimed: On (Not) Getting By in America

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Barbara Ehrenreich, a journalist and faculty member, "posed" for several weeks as an unskilled worker to find out how people survive doing low-wage work. Her account, later published in the best-selling book, Nickel and Dimed, is a compelling portrait of the conditions of work for millions of people in the United States.

At the beginning of June 1998 I leave behind everything that normally soothes the ego and sustains the body—home, career, companion, reputation, ATM card—for a plunge into the low-wage workforce. There, I become another, occupationally much diminished “Barbara Ehrenreich”—depicted

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on job-application forms as a divorced homemaker whose sole work experience consists of housekeeping in a few private homes. I am terrified, at the beginning, of being unmasked for what I am: a middle-class journalist setting out to explore the world that welfare mothers are entering, at the rate of approximately 50,000 a month, as welfare reform kicks in. Happily, though, my fears turn out to be entirely unwarranted: during a month of poverty and toil, my name goes unnoticed and for the most part unuttered. In this parallel universe where my father never got out of the mines and I never got through college, I am "baby," "honey," "blondie," and, most commonly, "girl."

My first task is to find a place to live. I figure that if I can earn \$7 an hour—which, from the want ads, seems doable—I can afford to spend \$500 on rent, or maybe, with severe economies, \$600. In the Key West area, where I live, this pretty much confines me to flophouses and trailer homes—like the one, a pleasing fifteen-minute drive from town, that has no air-conditioning, no screens, no fans, no television, and, by way of diversion, only the challenge of evading the landlord's Doberman pinscher. The big problem with this place, though, is the rent, which at \$675 a month is well beyond my reach. All right, Key West is expensive. But so is New York City, or the Bay Area, or Jackson Hole, or Telluride, or Boston, or any other place where tourists and the wealthy compete for living space with the people who clean their toilets and fry their hash browns. Still, it is a shock to realize that "trailer trash" has become, for me, a demographic category to aspire to.

So I decide to make the common trade-off between affordability and convenience, and go for a \$500-a-month efficiency thirty miles up a two-lane highway from the employment opportunities of Key West, meaning forty-five minutes if there's no road construction and I don't get caught behind some sun-dazed Canadian tourists. I hate the drive, along a roadside studded with white crosses commemorating the more effective head-on collisions, but it's a sweet little place—a cabin, more or less, set in the swampy back yard of the converted mobile home where my landlord, an affable TV repairman, lives with his bartender girlfriend. Anthropologically speaking, a bustling trailer park would be preferable, but here I have a gleaming white floor and a firm mattress, and the few resident bugs are easily vanquished.

Besides, I am not doing this for the anthropology. My aim is nothing so mistily subjective as to "experience poverty" or find out how it "really feels" to be a long-term low-wage worker. I've had enough unchosen encounters with poverty and the world of low-wage work to know it's not a place you want to visit for touristic purposes; it just smells too much like fear. And with all my real-life assets—bank account, IRA, health insurance, multiroom home—waiting indulgently in the background, I am, of course, thoroughly insulated from the terrors that afflict the genuinely poor.

No, this is a purely objective, scientific sort of mission. The humanitarian rationale for welfare reform—as opposed to the more punitive and stingy impulses that may actually have motivated it—is that work will lift poor women out of poverty while simultaneously inflating their self-esteem and hence their future value in the labor market. Thus, whatever the hassles involved in finding

child care, transportation, etc., the transition from welfare to work will end happily, in greater prosperity for all. Now there are many problems with this comforting prediction, such as the fact that the economy will inevitably undergo a downturn, eliminating many jobs. Even without a downturn, the influx of a million former welfare recipients into the low-wage labor market could depress wages by as much as 11.9 percent, according to the Economic Policy Institute (EPI) in Washington, D.C.

But is it really possible to make a living on the kinds of jobs currently available to unskilled people? Mathematically, the answer is no, as can be shown by taking \$6 to \$7 an hour, perhaps subtracting a dollar or two an hour for child care, multiplying by 160 hours a month, and comparing the result to the prevailing rents. According to the National Coalition for the Homeless, for example, in 1998 it took, on average nationwide, an hourly wage of \$8.89 to afford a one-bedroom apartment, and the Preamble Center for Public Policy estimates that the odds against a typical welfare recipient's landing a job at such a "living wage" are about 97 to 1. If these numbers are right, low-wage work is not a solution to poverty and possibly not even to homelessness.

It may seem excessive to put this proposition to an experimental test. As certain family members keep unhelpfully reminding me, the viability of low-wage work could be tested, after a fashion, without ever leaving my study. I could just pay myself \$7 an hour for eight hours a day, charge myself for room and board, and total up the numbers after a month. Why leave the people and work that I love? But I am an experimental scientist by training. In that business, you don't just sit at a desk and theorize; you plunge into the everyday chaos of nature, where surprises lurk in the most mundane measurements. Maybe, when I got into it, I would discover some hidden economies in the world of the low-wage worker. After all, if 30 percent of the workforce toils for less than \$8 an hour, according to the EPI, they may have found some tricks as yet unknown to me. Maybe—who knows?—would even be able to detect in myself the bracing psychological effects of getting out of the house, as promised by the welfare works at places like the Heritage Foundation. Or, on the other hand, maybe there would be unexpected costs—physical, mental, or financial—to throw off all my calculations. Ideally, I should do this with two small children in tow, that being the welfare average, but mine are grown and no one is willing to lend me theirs for a month-long vacation in penury. So this is not the perfect experiment, just a test of the best possible case: an unencumbered woman, smart and even strong, attempting to live more or less off the land.

On the morning of my first full day of job searching, I take a red pen to the want ads, which are auspiciously numerous. Everyone in Key West's booming "hospitality industry" seems to be looking for someone like me—trainable, flexible, and with suitably humble expectations as to pay. I know I possess certain traits that might be advantageous—I'm white and, I like to think, well-spoken and poised—but I decide on two rules: One, I cannot use any skills derived from my education or usual work—not that there are a lot of want ads for satirical essayists anyway. Two, I have to take the best-paid job that is offered me and of course do my best to hold it; no Marxist rants or sneaking off to read novels in

the ladies' room. In addition, I rule out various occupations for one reason or another: Hotel front-desk clerk, for example, which to my surprise is regarded as unskilled and pays around \$7 an hour, gets eliminated because it involves standing in one spot for eight hours a day. Waitressing is similarly something I'd like to avoid, because I remember it leaving me bone tired when I was eighteen, and I'm decades of varicosities and back pain beyond that now. Telemarketing, one of the first refuges of the suddenly indigent, can be dismissed on grounds of personality. This leaves certain supermarket jobs, such as deli clerk, or housekeeping in Key West's thousands of hotel and guest rooms. Housekeeping is especially appealing, for reasons both atavistic and practical: it's what my mother did before I came along, and it can't be too different from what I've been doing part-time, in my own home, all my life.

So I put on what I take to be a respectful-looking outfit of ironed Bermuda shorts and scooped-neck T-shirt and set out for a tour of the local hotels and supermarkets. Best Western, Econo Lodge, and HoJo's all let me fill out application forms, and these are, to my relief, interested in little more than whether I am a legal resident of the United States and have committed any felonies. My next stop is Winn-Dixie, the supermarket, which turns out to have a particularly onerous application process, featuring a fifteen-minute "interview" by computer since, apparently, no human on the premises is deemed capable of representing the corporate point of view. I am conducted to a large room decorated with posters illustrating how to look "professional" (it helps to be white and, if female, permed) and warning of the slick promises that union organizers might try to tempt me with. The interview is multiple choice: Do I have anything, such as child-care problems, that might make it hard for me to get to work on time? Do I think safety on the job is the responsibility of management? Then, popping up cunningly out of the blue: How many dollars' worth of stolen goods have I purchased in the last year? Would I turn in a fellow employee if I caught him stealing? Finally, "Are you an honest person?"

Apparently, I ace the interview, because I am told that all I have to do is show up in some doctor's office tomorrow for a urine test. This seems to be a fairly general rule: if you want to stack Cheerio boxes or vacuum hotel rooms in chemically fascist America, you have to be willing to squat down and pee in front of some health worker (who has no doubt had to do the same thing herself). The wages Winn-Dixie is offering—\$6 and a couple of dimes to start with—are not enough, I decide, to compensate for this indignity.

I lunch at Wendy's, where \$4.99 gets you unlimited refills at the Mexican part of the Superbar, a comforting surfeit of refried beans and "cheese sauce." A teenage employee, seeing me studying the want ads, kindly offers me an application form, which I fill out, though here, too, the pay is just \$6 and change an hour. Then it's off for a round of the locally owned inns and guest-houses. At "The Palms," let's call it, a bouncy manager actually takes me around to see the rooms and meet the existing housekeepers, who, I note with satisfaction, look pretty much like me—faded ex-hippie types in shorts with long hair pulled back in braids. Mostly, though, no one speaks to me or even looks at me except to proffer an application form. At my last stop, a palatial B&B, I wait twenty minutes

to meet "Max," only to be told that there are no jobs now but there should be one soon, since "nobody lasts more than a couple weeks." (Because none of the people I talked to knew I was a reporter, I have changed their names to protect their privacy and, in some cases perhaps, their jobs.)

Three days go by like this, and, to my chagrin, no one out of the approximately twenty places I've applied calls me for an interview. I had been vain enough to worry about coming across as too educated for the jobs I sought, but no one even seems interested in finding out how overqualified I am. Only later will I realize that the want ads are not a reliable measure of the actual jobs available at any particular time. They are, as I should have guessed from Max's comment, the employers' insurance policy against the relentless turnover of the low-wage work-force. Most of the big hotels run ads almost continually, just to build a supply of applicants to replace the current workers as they drift away or are fired, so finding a job is just a matter of being at the right place at the right time and flexible enough to take whatever is being offered that day. This finally happens to me at a one of the big discount hotel chains, where I go, as usual, for housekeeping and am sent, instead, to try out as a waitress at the attached "family restaurant," a dismal spot with a counter and about thirty tables that looks out on a parking garage and features such tempting fare as "Polish [sic] sausage and BBQ sauce" on 95-degree days. Phillip, the dapper young West Indian who introduces himself as the manager, interviews me with about as much enthusiasm as if he were a clerk processing me for Medicare, the principal questions being what shifts can I work and when can I start. I mutter something about being woefully out of practice as a waitress, but he's already on to the uniform: I'm to show up tomorrow wearing black slacks and black shoes; he'll provide the rust-colored polo shirt with HEARTHSIDE embroidered on it, though I might want to wear my own shirt to get to work, ha ha. At the word "tomorrow," something between fear and indignation rises in my chest. I want to say, "Thank you for your time, sir, but this is just an experiment, you know, not my actual life."

So begins my career at the Hearthside, I shall call it, one small profit center within a global discount hotel chain, where for two weeks I work from 2:00 till 10:00 P.M. for \$2.43 an hour plus tips. In some futile bid for gentility, the management has barred employees from using the front door, so my first day I enter through the kitchen, where a red-faced man with shoulder-length blond hair is throwing frozen steaks against the wall and yelling, "Fuck this shit!" "That's just Jack," explains Gail, the wiry middle-aged waitress who is assigned to train me. "He's on the rag again"—a condition occasioned, in this instance, by the fact that the cook on the morning shift had forgotten to thaw out the steaks. For the next eight hours, I run after the agile Gail, absorbing bits of instruction along with fragments of personal tragedy. All food must be trayed, and the reason she's so tired today is that she woke up in a cold sweat thinking of her boyfriend, who killed himself recently in an upstate prison. No refills on lemonade. And the reason he was in prison is that a few DUIs caught up with him, that's all, could have happened to anyone. Carry the creamers to the table in a monkey bowl, never in your hand. And after he was gone she spent several months living in her truck, peeing in a plastic pee bottle and reading by candlelight at night, but you can't

live in a truck in the summer, since you need to have the windows down, which means anything can get in, from mosquitoes on up.

At least Gail puts to rest any fears I had of appearing overqualified. From the first day on, I find that of all the things I have left behind, such as home and identity, what I miss the most is competence. Not that I have ever felt utterly competent in the writing business, in which one day's success augers nothing at all for the next. But in my writing life I at least have some notion of procedure: do the research, make the outline, rough out a draft, etc. As a server, though, I am beset by requests like bees: more iced tea here, ketchup over there, a to-go box for table fourteen, and where are the high chairs, anyway? Of the twenty-seven tables, up to six are usually mine at any time, though on slow afternoons or if Gail is off, I sometimes have the whole place to myself. There is the touch-screen computer-ordering system to master, which is, I suppose, meant to minimize server-cook contact, but in practice requires constant verbal fine-tuning: "That's gravy on the mashed, okay? None on the meatloaf," and so forth—while the cook scowls as if I were inventing these refinements just to torment him. Plus, something I had forgotten in the years since I was eighteen: about a third of a server's job is "side work" that's invisible to customers—sweeping, scrubbing, slicing, refilling, and restocking. If it isn't all done, every little bit of it, you're going to face the 6:00 P.M. dinner rush defenseless and probably go down in flames. I screw up dozens of times at the beginning, sustained in my shame entirely by Gail's support—"It's okay, baby, everyone does that sometime"—because, to my total surprise and despite the scientific detachment I am doing my best to maintain, I care.

The whole thing would be a lot easier if I could just skate through it as Lily Tomlin in one of her waitress skits, but I was raised by the absurd Booker T. Washingtonian precept that says: If you're going to do something, do it well. In fact, "well" isn't good enough by half. Do it better than anyone has ever done it before. Or so said my father, who must have known what he was talking about because he managed to pull himself, and us with him, up from the mile-deep copper mines of Butte to the leafy suburbs of the Northeast, ascending from boilermakers to martinis before booze beat out ambition. As in most endeavors I have encountered in my life, doing it "better than anyone" is not a reasonable goal. Still, when I wake up at 4:00 A.M. in my own cold sweat, I am not thinking about the writing deadlines I'm neglecting; I'm thinking about the table whose order I screwed up so that one of the boys didn't get his kiddie meal until the rest of the family had moved on to their Key Lime pies. That's the other powerful motivation I hadn't expected—the customers, or "patients," as I can't help thinking of them on account of the mysterious vulnerability that seems to have left them temporarily unable to feed themselves. After a few days at the Hearthside, I feel the service ethic kick in like a shot of oxytocin, the nurturance hormone. The plurality of my customers are hard-working locals—truck drivers, construction workers, even housekeepers from the attached hotel—and I want them to have the closest to a "fine dining" experience that the grubby circumstances will allow. No "you guys" for me; everyone over twelve is "sir" or "ma'am." I ply them with iced tea and coffee refills; I return, mid-meal, to

inquire how everything is; I doll up their salads with chopped raw mushrooms, summer squash slices, or whatever bits of produce I can find that have survived their sojourn in the cold-storage room mold-free. . . .

Ten days into it, this is beginning to look like a livable lifestyle. I like Gail, who is "looking at fifty" but moves so fast she can alight in one place and then another without apparently being anywhere between them. I clown around with Lionel, the teenage Haitian busboy, and catch a few fragments of conversation with Joan, the svelte fortyish hostess and militant feminist who is the only one of us who dares to tell Jack to shut the fuck up. I even warm up to Jack when, on a slow night and to make up for a particularly unwarranted attack on my abilities, or so I imagine, he tells me about his glory days as a young man at "coronary school"—or do you say "culinary"?—in Brooklyn, where he dated a knock-out Puerto Rican chick and learned everything there is to know about food. I finish up at 10:00 or 10:30, depending on how much side work I've been able to get done during the shift, and cruise home to the tapes I snatched up at random when I left my real home—Marianne Faithfull, Tracy Chapman, Enigma, King Sunny Ade, the Violent Femmes—just drained enough for the music to set my cranium resonating but hardly dead. Midnight snack is Wheat Thins and Monterey Jack, accompanied by cheap white wine on ice and whatever AMC has to offer. To bed by 1:30 or 2:00, up at 9:00 or 10:00, read for an hour while my uniform whirls around in the landlord's washing machine, and then it's another eight hours spent following Mao's central instruction, as laid out in the Little Red Book, which was: Serve the people.

I could drift along like this, in some dreamy proletarian idyll, except for two things. One is management. If I have kept this subject on the margins thus far it is because I still flinch to think that I spent all those weeks under the surveillance of men (and later women) whose job it was to monitor my behavior for signs of sloth, theft, drug abuse, or worse. Not that managers and especially "assistant managers" in low-wage settings like this are exactly the class enemy. In the restaurant business, they are mostly former cooks or servers, still capable of pinch-hitting in the kitchen or on the floor, just as in hotels they are likely to be former clerks, and paid a salary of only about \$400 a week. But everyone knows they have crossed over to the other side, which is, crudely put, corporate as opposed to human. Cooks want to prepare tasty meals; servers want to serve them graciously; but managers are there for only one reason—to make sure that money is made for some theoretical entity that exists far away in Chicago or New York, if a corporation can be said to have a physical existence at all. Reflecting on her career, Gail tells me ruefully that she had sworn, years ago, never to work for a corporation again. "They don't cut you no slack. You give and you give, and they take."

Managers can sit—for hours at a time if they want—but it's their job to see that no one else ever does, even when there's nothing to do, and this is why, for servers, slow times can be as exhausting as rushes. You start dragging out each little chore, because if the manager on duty catches you in an idle moment, he will give you something far nastier to do. So I wipe, I clean, I consolidate ketchup bottles and recheck the cheesecake supply, even tour the tables to make sure the

customer evaluation forms are all standing perkily in their places—wondering all the time how many calories I burn in these strictly theatrical exercises. When, on a particularly dead afternoon, Stu finds me glancing at a *USA Today* a customer has left behind, he assigns me to vacuum the entire floor with the broken vacuum cleaner that has a handle only two feet long, and the only way to do that without incurring orthopedic damage is to proceed from spot to spot on your knees.

On my first Friday at the Hearthside there is a “mandatory meeting for all restaurant employees,” which I attend, eager for insight into our overall marketing strategy and the niche (your basic Ohio cuisine with a tropical twist?) we aim to inhabit. But there is no “we” at this meeting. Phillip, our top manager except for an occasional “consultant” sent out by corporate headquarters, opens it with a sneer: “The break room—it’s disgusting. Butts in the ashtrays, newspapers lying around, crumbs.” This windowless little room, which also houses the time clock for the entire hotel, is where we stash our bags and civilian clothes and take our half-hour meal breaks. But a break room is not a right, he tells us. It can be taken away. We should also know that the lockers in the break room and whatever is in them can be searched at any time. Then comes gossip; there has been gossip; gossip (which seems to mean employees talking among themselves) must stop. Off-duty employees are henceforth barred from eating at the restaurant, because “other servers gather around them and gossip.” When Phillip has exhausted his agenda of rebukes, Joan complains about the condition of the ladies’ room and I throw in my two bits about the vacuum cleaner. But I don’t see any backup coming from my fellow servers, each of whom has subsided into her own personal funk; Gail, my role model, stares sorrowfully at a point six inches from her nose. The meeting ends when Andy, one of the cooks, gets up, muttering about breaking up his day off for this almighty bullshit.

Just four days later we are suddenly summoned into the kitchen at 3:30 P.M., even though there are live tables on the floor. We all—about ten of us—stand around Phillip, who announces grimly that there has been a report of some “drug activity” on the night shift and that, as a result, we are now to be a “drug-free” workplace, meaning that all new hires will be tested, as will possibly current employees on a random basis. I am glad that this part of the kitchen is so dark, because I find myself blushing as hard as if I had been caught toking up in the ladies’ room myself. I haven’t been treated this way—lined up in the corridor, threatened with locker searches, peppered with carelessly aimed accusations—since junior high school. Back on the floor, Joan cracks, “Next they’ll be telling us we can’t have sex on the job.” When I ask Stu what happened to inspire the crackdown, he just mutters about “management decisions” and takes the opportunity to upbraid Gail and me for being too generous with the rolls. From now on there’s to be only one per customer, and it goes out with the dinner, not with the salad. He’s also been riding the cooks, prompting Andy to come out of the kitchen and observe—with the serenity of a man whose customary implement is a butcher knife—that “Stu has a death wish today.”

Later in the evening, the gossip crystallizes around the theory that Stu is himself the drug culprit, that he uses the restaurant phone to order up marijuana and

sends one of the late servers out to fetch it for him. The server was caught, and she may have ratted Stu out or at least said enough to cast some suspicion on him, thus accounting for his pissy behavior. Who knows? Lionel, the busboy, entertains us for the rest of the shift by standing just behind Stu's back and sucking deliriously on an imaginary joint.

The other problem, in addition to the less-than-nurturing management style, is that this job shows no sign of being financially viable. You might imagine, from a comfortable distance, that people who live, year in and year out, on \$6 to \$10 an hour have discovered some survival stratagems unknown to the middle class. But no. It's not hard to get my co-workers to talk about their living situations, because housing, in almost every case, is the principal source of disruption in their lives, the first thing they fill you in on when they arrive for their shifts. After a week, I have compiled the following survey:

- Gail is sharing a room in a well-known down-town flophouse for which she and a roommate pay about \$250 a week. Her roommate, a male friend, has begun hitting on her, driving her nuts, but the rent would be impossible alone.
- Claude, the Haitian cook, is desperate to get out of the two-room apartment he shares with his girlfriend and two other, unrelated, people. As far as I can determine, the other Haitian men (most of whom only speak Creole) live in similarly crowded situations.
- Annette, a twenty-year-old server who is six months pregnant and has been abandoned by her boyfriend, lives with her mother, a postal clerk.
- Marianne and her boyfriend are paying \$170 a week for a one-person trailer.
- Jack, who is, at \$10 an hour, the wealthiest of us, lives in the trailer he owns, paying only the \$400-a-month lot fee.
- The other white cook, Andy, lives on his dry-docked boat, which, as far as I can tell from his loving descriptions, can't be more than twenty feet long. He offers to take me out on it, once it's repaired, but the offer comes with inquiries as to my marital status, so I do not follow up on it.
- Tina and her husband are paying \$60 a night for a double room in a Days Inn. This is because they have no car and the Days Inn is within walking distance of the Hearthside. When Marianne, one of the breakfast servers, is tossed out of her trailer for subletting (which is against the trailer-park rules), she leaves her boyfriend and moves in with Tina and her husband.
- Joan, who had fooled me with her numerous and tasteful outfits (hostesses wear their own clothes), lives in a van she parks behind a shopping center at night and showers in Tina's motel room. The clothes are from thrift shops.

It strikes me, in my middle-class solipsism, that there is gross improvidence in some of these arrangements. When Gail and I are wrapping silverware in napkins—the only task for which we are permitted to sit—she tells me she is thinking of escaping from her roommate by moving into the Days Inn herself. I am astounded: How can she even think of paying between \$40 and \$60 a day? But if I was afraid of sounding like a social worker, I come out just sounding like a fool. She squints

at me in disbelief, "And where am I supposed to get a month's rent and a month's deposit for an apartment?" I'd been feeling pretty smug about my \$500 efficiency, but of course it was made possible only by the \$1,300 I had allotted myself for start-up costs when I began my low-wage life: \$1,000 for the first month's rent and deposit, \$100 for initial groceries and cash in my pocket, \$200 stuffed away for emergencies. In poverty, as in certain propositions in physics, starting conditions are everything.

There are no secret economies that nourish the poor; on the contrary, there are a host of special costs. If you can't put up the two months' rent you need to secure an apartment, you end up paying through the nose for a room by the week. If you have only a room, with a hot plate at best, you can't save by cooking up huge lentil stews that can be frozen for the week ahead. You eat fast food, or the hot dogs and styrofoam cups of soup that can be microwaved in a convenience store. If you have no money for health insurance—and the Hearthside's niggardly plan kicks in only after three months—you go without routine care or prescription drugs and end up paying the price. Gail, for example, was fine until she ran out of money for estrogen pills. She is supposed to be on the company plan by now, but they claim to have lost her application form and need to begin the paperwork all over again. So she spends \$9 per migraine pill to control the headaches she wouldn't have, she insists, if her estrogen supplements were covered. Similarly, Marianne's boyfriend lost his job as a roofer because he missed so much time after getting a cut on his foot for which he couldn't afford the prescribed antibiotic.

My own situation, when I sit down to assess it after two weeks of work, would not be much better if this were my actual life. The seductive thing about waitressing is that you don't have to wait for payday to feel a few bills in your pocket, and my tips usually cover meals and gas, plus something left over to stuff into the kitchen drawer I use as a bank. But as the tourist business slows in the summer heat, I sometimes leave work with only \$20 in tips (the gross is higher, but servers share about 15 percent of their tips with the busboys and bartenders). With wages included, this amounts to about the minimum wage of \$5.15 an hour. Although the sum in the drawer is piling up, at the present rate of accumulation it will be more than a hundred dollars short of my rent when the end of the month comes around. Nor can I see any expenses to cut. True, I haven't gone the lentil-stew route yet, but that's because I don't have a large cooking pot, pot holders, or a ladle to stir with (which cost about \$30 at Kmart, less at thrift stores), not to mention onions, carrots, and the indispensable bay leaf. I do make my lunch almost every day—usually some slow-burning, high-protein combo like frozen chicken patties with melted cheese on top and canned pinto beans on the side. Dinner is at the Hearthside, which offers its employees a choice of BLT, fish sandwich, or hamburger for only \$2. The burger lasts longest, especially if it's heaped with gut-puckering jalapenos, but by midnight my stomach is growling again.

So unless I want to start using my car as a residence, I have to find a second, or alternative, job. I call all the hotels where I filled out housekeeping applications weeks ago—the Hyatt, Holiday Inn, Econo Lodge, Hojo's, Best Western, plus a half dozen or so locally run guesthouses. Nothing. Then I start making the rounds

again, wasting whole mornings waiting for some assistant manager to show up, even dipping into places so creepy that the front-desk clerk greets you from behind bulletproof glass and sells pints of liquor over the counter. But either someone has exposed my real-life housekeeping habits—which are, shall we say, mellow—or I am at the wrong end of some infallible ethnic equation: most, but by no means all, of the working housekeepers I see on my job searches are African Americans, Spanish-speaking, or immigrants from the Central European post-Communist world, whereas servers are almost invariably white and monolingually English-speaking. When I finally get a positive response, I have been identified once again as server material. Jerry's, which is part of a well-known national family restaurant chain and physically attached here to another budget hotel chain, is ready to use me at once. The prospect is both exciting and terrifying, because, with about the same number of tables and counter seats, Jerry's attracts three or four times the volume of customers as the gloomy old Hearthside. . . .

I start out with the beautiful, heroic idea of handling the two jobs at once, and for two days I almost do it: the breakfast/lunch shift at Jerry's, which goes till 2:00, arriving at the Hearthside at 2:10, and attempting to hold out until 10:00. In the ten minutes between jobs, I pick up a spicy chicken sandwich at the Wendy's drive-through window, gobble it down in the car, and change from khaki slacks to black, from Hawaiian to rust polo. There is a problem, though. When during the 3:00 to 4:00 P.M. dead time I finally sit down to wrap silver, my flesh seems to bond to the seat. I try to refuel with a purloined cup of soup, as I've seen Gail and Joan do dozens of times, but a manager catches me and hisses "No eating!" though there's not a customer around to be offended by the sight of food making contact with a server's lips. So I tell Gail I'm going to quit, and she hugs me and says she might just follow me to Jerry's herself.

But the chances of this are minuscule. She has left the flophouse and her annoying roommate and is back to living in her beat-up old truck. But guess what? she reports to me excitedly later that evening: Phillip has given her permission to park overnight in the hotel parking lot, as long as she keeps out of sight, and the parking lot should be totally safe, since it's patrolled by a hotel security guard! With the Hearthside offering benefits like that, how could anyone think of leaving?

Gail would have triumphed at Jerry's, I'm sure, but for me it's a crash course in exhaustion management. Years ago, the kindly fry cook who trained me to waitress at a Los Angeles truck stop used to say: Never make an unnecessary trip; if you don't have to walk fast, walk slow; if you don't have to walk, stand. But at Jerry's the effort of distinguishing necessary from unnecessary and urgent from whenever would itself be too much of an energy drain. The only thing to do is to treat each shift as a one-time-only emergency: you've got fifty starving people out there, lying scattered on the battlefield, so get out there and feed them! Forget that you will have to do this again tomorrow, forget that you will have to be alert enough to dodge the drunks on the drive home tonight—just burn, burn, burn! Ideally, at some point you enter what servers call "a rhythm" and psychologists term a "flow state," in which signals pass from the sense organs directly to the muscles, bypassing the cerebral cortex, and a Zen-like emptiness sets in.

A male server from the Hearthside's morning shift tells me about the time he "pulled a triple"—three shifts in a row, all the way around the clock—and then got off and had a drink and met this girl, and maybe he shouldn't tell me this, but they had sex right then and there, and it was like, beautiful.

But there's another capacity of the neuromuscular system, which is pain. I start tossing back drugstore-brand ibuprofen pills as if they were vitamin C, four before each shift, because an old mouse-related repetitive-stress injury in my upper back has come back to full-spasm strength, thanks to the tray carrying. In my ordinary life, this level of disability might justify a day of ice packs and stretching. Here I comfort myself with the Aleve commercial in which the cute blue-collar guy asks: If you quit after working four hours, what would your boss say? And the not-so-cute blue-collar guy, who's lugging a metal beam on his back, answers: He'd fire me, that's what. But fortunately, the commercial tells us, we workers can exert the same kind of authority over our painkillers that our bosses exert over us. If Tylenol doesn't want to work for more than four hours, you just fire its ass and switch to Aleve.

True, I take occasional breaks from this life, going home now and then to catch up on e-mail and for conjugal visits (though I am careful to "pay" for anything I eat there), seeing *The Truman Show* with friends and letting them buy my ticket. And I still have those what-am-I-doing-here moments at work, when I get so homesick for the printed word that I obsessively reread the six-page menu. But as the days go by, my old life is beginning to look exceedingly strange. The e-mails and phone messages addressed to my former self come from a distant race of people with exotic concerns and far too much time on their hands. The neighborly market I used to cruise for produce now looks forbiddingly like a Manhattan yuppie emporium. And when I sit down one morning in my real home to pay bills from my past life, I am dazzled at the two- and three-figure sums owed to outfits like Club BodyTech and Amazon.com. . . .

I make the decision to move closer to Key West. First, because of the drive. Second and third, also because of the drive: gas is eating up \$4 to \$5 a day, and although Jerry's is as high-volume as you can get, the tips average only 10 percent, and not just for a newbie like me. Between the base pay of \$2.15 an hour and the obligation to share tips with the busboys and dishwashers, we're averaging only about \$7.50 an hour. Then there is the \$30 I had to spend on the regulation tan slacks worn by Jerry's servers—a setback it could take weeks to absorb. (I had combed the town's two downscale department stores hoping for something cheaper but decided in the end that these marked-down Dockers, originally \$49, were more likely to survive a daily washing.) Of my fellow servers, everyone who lacks a working husband or boyfriend seems to have a second job: Nita does something at a computer eight hours a day; another welds. Without the forty-five-minute commute, I can picture myself working two jobs and having the time to shower between them. . . .

I can do this two-job thing, is my theory, if I can drink enough caffeine and avoid getting distracted by George's ever more obvious suffering. . . .

Then it comes, the perfect storm. Four of my tables fill up at once. Four tables is nothing for me now, but only so long as they are obligingly staggered. As

I bev table 27, tables 25, 28, and 24 are watching enviously. As I bev 25, 24 glowers because their bevs haven't even been ordered. Twenty-eight is four yuppyish types, meaning everything on the side and agonizing instructions as to the chicken Caesars. Twenty-five is a middle-aged black couple, who complain, with some justice, that the iced tea isn't fresh and the tabletop is sticky. But table 24 is the meteorological event of the century: ten British tourists who seem to have made the decision to absorb the American experience entirely by mouth. Here everyone has at least two drinks—iced tea and milk shake, Michelob and water (with lemon slice, please)—and a huge promiscuous orgy of breakfast specials, mozz sticks, chicken strips, quesadillas, burgers with cheese and without, sides of hash browns with cheddar, with onions, with gravy, seasoned fries, plain fries, banana splits. Poor Jesus! Poor me! Because when I arrive with their first tray of food—after three prior trips just to refill bevs—Princess Di refuses to eat her chicken strips with her pancake-and-sausage special, since, as she now reveals, the strips were meant to be an appetizer. Maybe the others would have accepted their meals, but Di, who is deep into her third Michelob, insists that everything else go back while they work on their “starters.” Meanwhile, the yuppies are waving me down for more decaf and the black couple looks ready to summon the NAACP.

Much of what happened next is lost in the fog of war. . . .

I leave. I don't walk out, I just leave. I don't finish my side work or pick up my credit-card tips, if any, at the cash register or, of course, ask Joy's permission to go. And the surprising thing is that you can walk out without permission, that the door opens, that the thick tropical night air parts to let me pass, that my car is still parked where I left it. There is no vindication in this exit, no fuck-you surge of relief, just an overwhelming, dank sense of failure pressing down on me and the entire parking lot. I had gone into this venture in the spirit of science, to test a mathematical proposition, but somewhere along the line, in the tunnel vision imposed by long shifts and relentless concentration, it became a test of myself, and clearly I have failed. Not only had I flamed out as a housekeeper/server, I had even forgotten to give George my tips, and, for reasons perhaps best known to hardworking, generous people like Gail and Ellen, this hurts. I don't cry, but I am in a position to realize, for the first time in many years, that the tear ducts are still there, and still capable of doing their job. . . .

In one month, I had earned approximately \$1,040 and spent \$517 on food, gas, toiletries, laundry, phone, and utilities. If I had remained in my \$500 efficiency, I would have been able to pay the rent and have \$22 left over (which is \$78 less than the cash I had in my pocket at the start of the month). During this time I bought no clothing except for the required slacks and no prescription drugs or medical care (I did finally buy some vitamin B to compensate for the lack of vegetables in my diet). Perhaps I could have saved a little on food if I had gotten to a supermarket more often, instead of convenience stores, but it should be noted that I lost almost four pounds in four weeks, on a diet weighted heavily toward burgers and fries.

How former welfare recipients and single mothers will (and do) survive in the low-wage workforce, I cannot imagine. Maybe they will figure out how to

condense their lives—including child-raising, laundry, romance, and meals—into the couple of hours between full-time jobs. Maybe they will take up residence in their vehicles, if they have one. All I know is that I couldn't hold two jobs and I couldn't make enough money to live on with one. And I had advantages unthinkable to many of the long-term poor—health, stamina, a working car, and no children to care for and support. Certainly nothing in my experience contradicts the conclusion of Kathryn Edin and Laura Lein, in their recent book *Making Ends Meet: How Single Mothers Survive Welfare and Low-Wage Work*, that low-wage work actually involves more hardship and deprivation than life at the mercy of the welfare state. In the coming months and years, economic conditions for the working poor are bound to worsen, even without the almost inevitable recession. As mentioned earlier, the influx of former welfare recipients into the low-skilled workforce will have a depressing effect on both wages and the number of jobs available. A general economic downturn will only enhance these effects, and the working poor will of course be facing it without the slight, but nonetheless often saving, protection of welfare as a backup.

The thinking behind welfare reform was that even the humblest jobs are morally uplifting and psychologically buoying. In reality they are likely to be fraught with insult and stress. But I did discover one redeeming feature of the most abject low-wage work—the camaraderie of people who are, in almost all cases, far too smart and funny and caring for the work they do and the wages they're paid. The hope, of course, is that someday these people will come to know what they're worth, and take appropriate action.

DISCUSSION QUESTIONS

1. What were the major lessons that Ehrenreich learned during her "experiment" as a low-wage worker and how do they inform your understanding of social class?
2. Having read Ehrenreich's article, how do you understand the relationship between work, stress, and health? What workplace policies could be implemented to improve worker health (mental and physical)?