

### SENSIBLE PLAN FOR REST FROM LABORS

One Should Do the Opposite From Regular Duties If One Is to Really Rest.

"What one should do to keep well in the summer," says Surgeon General H. S. Cumming, of the United States public health service, "depends on what one has been doing during the winter." As winter occupations are infinitely varied it may seem at first blush that this dictum calls for equally varied summer programs. However, most occupations fall into certain groups which call for corresponding vacations.

"For instance, most men and an increasing number of women work hard all winter and take a vacation when summer comes. On the other hand, large groups of men and women (farmers, for instance) work hard all summer and take a vacation, if they ever get one, in the winter, when farm work is slack. Most women work hard in their homes, and they too have earned a vacation, though their right to it is not always acknowledged. Some men and women appear not to work at all and would probably be very angry if any one accused them of working. These also need a vacation, but very few of them get a real one.

"A vacation should mean very different things to these different classes. A clerk, for instance, should do something that would make him use his muscles (though not to excess) and an iron mill worker something that would enable him to rest his. A girl who has been typewriting or packing cigarettes or cooking in somebody else's home should use her vacation in outdoor sports such as playing tennis or something like that. A tired wife and mother should rest by getting away from husband and children, soothing her nerves by chatting with other women, and having a few moments of genuine privacy. A "society" girl who really works about as hard as anybody in the service of the Goddess of Pleasure and is probably (temporarily, at least) sick of teas and men and other girls, would do well to attend a summer normal school, where she would at least get a brand-new outlook on life—unless she has courage enough to get a job in a factory, where, if she was not too haughty some "factory girl" might take pity on her and teach her the ropes.

"The usual prescription of a vacation is exercise in the open air. Such advice assumes that exercise in the open is the one important thing that most workers do not get. This is, of course, true in regard to many persons, but it is not true in regard to many others—farmers, street cleaners and chauffeurs, for instance. Anybody who has been spending his or her winter evenings in stuffy rooms studying, playing cards, dancing, or just nodding, should by all means, get out into the open air in the summer. A truck driver, on the other hand, might well spend his vacation indoors.

"Exercise, particularly in the open air, is valuable, and, indeed, essential to continued good health. Exercise, however, looks chiefly to physical and ignores mental health; and mental health is now considered to be about as important as physical health.

"Millions of persons, women in particular perhaps, need a 'change' rather than a 'rest.'

"As a matter of fact, nearly everyone feels this and unconsciously strives to act upon it. The 'tired business man' of whom papers say so much is not so foolish as some persons think when he goes to the theater to listen to a farrago of nonsense; for this is the very antithesis of his daily work. Unfortunately going to the theater is like his business, indoors.

"Clerks of working men or girls who attend baseball games show better judgment, for they get mental stimulus; and, if they applaud the players or denounce the umpire with enough enthusiasm they get a good deal of physical exercise in the open air. On the other hand the farmer who works 15 hours a day from early spring to late fall might do worse than spend two winter weeks in the city, fighting off the wily 'confidence' men and attending the movies. And more or less similarly for his wife. They would both get enough mental stimulus to sustain them through the laborious days of next summer.

"The point is to get new ideas for the brain to mull over. All persons, after being tied to one set of ideas (or to no ideas at all) for months, will find themselves a lot healthier and happier if they can pick up a totally different set during their vacation. Whether the ideas are wise or foolish, they can get a lot out of them, particularly if they can find friends who are considerate enough to find a contradictory set and to stand up for them. The two will prevent each other from vegetating and keep each other happy (even if furious) till the next vacation. Vegetating is the worst thing in the world for a human being—at any rate for the American species.

"It would be well if all persons would adopt this advice to their own circumstances and would plan vacations for the coming summer that differ radically from their daily occupations. Such vacations probably would not turn out quite as was expected; but that would be half their charm. Some persons might even wish they hadn't tried the plan for a week or so after they got home; but

### SALVE FOR SCABS.

Strikebreakers are such valuable citizens in Utah they must be protected by law. Over the strenuous protest of all branches of organized labor, and the pressure brought to bear by the railroad brotherhoods' representative on the Governor, a bill protecting scabs has become law in that state.

The new law, labeled as "An act to prohibit interference with employment in lawful occupations, to be known as 'the Right to Work' act," provides a fine for any person who "attempts to cause or induce any person engaged in a lawful occupation to quit such employment or to refuse or to decline to accept or begin a lawful employment." It had the backing of the Associated Industries, the stronghold of anti-labor forces in other states as well as Utah. The author of the bill quoted in its support of the bill quoted in its support from speeches of President Harding and Attorney General Daugherty. The quotations seemed to work.

Patronize advertisers in this paper if you really want to show your appreciation of The Herald.

### PEACE ON EARTH.

TUNE—"Blind Child's Prayer."

We have on record only one Sweet anthem from above; 'Twas sung by angels at the birth Of Him whose name is love.

And what was it, all glory be To him who sways the whole, Who made the earth, the sea and sky And then the Human Soul.

And next they sang, Sweet Peace on Earth And good will unto men: So tell me fellow creature why Do you love war then?

Our Saviour gave us this precept, His Holy Word is true. Just as I love my own dear self, I should love each of you.

Put up the sword into his place. It only causes loss; All they that take it shall prove out Naught else but rust and dross.

Malice is a poisonous thing Wherever it doth grow, And if in kings or princes found, It causes greater woe.

If I love not my brother here, The one whom I have seen, How shall I ever love my God And stand before him clean?

If I love him as I ought, I'll never seek his life. True love, that's of the pure kind, Will put an end to strife.

The devil it was that first broke peace, His children followed him, And as they went the plain truth To them did grow quite dim.

It is a base and shameful thing For people here to fight; Let all things else be lost in love And then we'll be all right.

### NOTICE OF PUBLICATION.

State of North Carolina, Mecklenburg County. In the Superior Court, Before the Clerk.

Cynthia Fulton Pope and Robert Giles Fulton and wife, Maude Fulton, PLAINTIFFS,

vs.

Minnie McClain and husband, Eugene McClain; Chas. D. Pope, Mary Fulton (widow); Nelson McCombs and wife; or if he be dead, his heirs at law, whoever they may be; and all the heirs at law, known or unknown, of Wilson McCombs, deceased, DEFENDANTS.

Pursuant to an order of this court for publication of the summons in the above entitled proceedings, notice is hereby given to Chas. D. Pope; Nelson McCombs and wife; McCombs; or if he be dead, his heirs at law, whoever they may be; and all the heirs at law, known or unknown of Wilson McCombs, deceased, who are shown to be non-residents of this State and cannot afford due diligence be found therein, that a special proceeding with title as above stated has been commenced by plaintiffs, or petitioners above named, in the Superior Court of Mecklenburg County, North Carolina, for the purpose of a sale and partition of a certain tract of land in Mecklenburg County, City of Charlotte, on the Southwest side of the extension of Second Street, being about one-half acre and being the same conveyed to Wilson McCombs by R. D. Johnston, trustee, by deed dated December 21, 1872, and duly recorded in the office of the Register of Deeds in Book 8, page 222, except so much of said tract of land as was conveyed to the Railroad Company by deed recorded in Book 22, page 373, and which land the said defendants, non-residents, have a claim or interest in; the said defendants Chas. D. Pope; Nelson McCombs and wife, McCombs; or if he be dead, his heirs at law, whoever they may be; and all the heirs at law, known or unknown of Wilson McCombs, deceased, are hereby notified and summoned and required to appear and answer or demur to the plaintiffs' or complaint, before the undersigned Clerk of the Superior Court of the County of Mecklenburg at noon on the 15th day of August, A. D., 1923, at his office at the Court House in Charlotte, or the relief asked for by the plaintiffs will be granted.

WITNESS, Jas. M. Yandle, Clerk of said Superior Court of office in Charlotte, this 6th day of July, A. D., 1923.

J. M. YANDLE, Clerk Superior Court. J13-20-27-A3

the chances are that the next summer they would try the same or some other 'contrary' plan once more.

### R. R. NET PROFITS \$25,000,000,000

Annually—Some Jangling Coins In Pile—More Than All Liberty Bonds Sold In 1917-18.

By Levi Stevens Lewis.

The traffic over American railways increases enormously with each recurring year.

In 1923 tens of thousands of freight trains operated on 265,000 miles of line every day in the year, earning all the way from three thousand to ten thousand dollars of gross income per train.

It was officially declared in New York 68 years ago (1855) that "no reliance whatever" could be placed on official railway reports. That was true then; it's true now; it was true from the beginning.

See annual report of the New York State Engineer and Surveyor for 1855. (Senate Document No. 35, N. Y., 1855.)

Entirely disregarding official claims that the railroads always need more income in order to increase their debts; that they "barely earn interest on the bonds, to say nothing of a fair return on the money invested by the shareholders" and therefore must go in the hands of receivers; the wise man will seek more accurate information elsewhere.

Here is evidence stated in the fewest possible words, that the profit of American railways in twelve months is not less than twenty-five billion dollars; otherwise stated several billions more every year than all the Liberty bonds printed and sold in 1917 and 1918 to pay in part the expense of the late world war.

The two greatest transportation lines on the globe are the New York Central and the Pennsylvania. These two great systems carry less than 30 per cent of all traffic north of the Ohio and east of the Mississippi rivers. It is necessary for them to operate six million trains a year to handle this tremendous traffic. Then fourteen million other trains are necessary to handle the remaining 70 per cent; making, all told, twenty million trains a year to handle the traffic in the eastern district only.

Perhaps some of these trains haul empty cars only, earning absolutely no revenue whatever. Allowing 25 per cent (¼) for non-operating trains, there remains 15 million revenue earning trains, two-fifths of which are passenger trains and three-fifths freight trains.

The gross revenue from the passenger trains will average not less than \$300 each and the freight trains not less than \$3,000. So the "gross transportation income" of all railway lines operating in the eastern district in twelve months is estimated to be not less than twenty-eight billion and eight hundred million dollars in twelve months.

The gross transportation income of the entire eastern district is about one-third of the total for all lines in the United States. So the gross transportation income of all railway traffic in the entire United States "as a system" appears to be nothing less than eighty-six billion and four hundred million dollars in twelve months. Deducting one-half for operating expenses and taxes, the clear net profit appears to be not less than forty-three billion and two hundred million dollars every period of twelve months.

This estimate is based on the traffic reported in 1916. Since 1916 there has been the usual never-failing annual increase of traffic. To be ultra-conservative I have not taken in consideration the revenue realized from the mail and express service and twenty-eight other sources of income and further discounted this calculation by eighteen billion dollars; so I insist the net profit of American railways every period of twelve months is not less than twenty-five billion dollars.

How much more or less the actual profits may be can be determined only approximately by "a fact finding commission" from all sections and classes such as recommended seven years ago by the Guaranty Trust Company of New York.

### NOTICE OF SALE OF PERSONAL PROPERTY.

Notice is hereby given that I will sell at public auction at the Court House Door on Saturday, July 28, 1923, at the hour of 12 o'clock noon, to the highest bidder upon the terms hereinafter set forth, the following personal property: All the stock of goods, wares, merchandise, food-stuffs, tobacco, cigars, gum and other articles perishable and otherwise, together with the fixtures and apparatus, contained in the place of business known as "Brown's Cafe," No. 17 South Tryon street, in the City of Charlotte, N. C., also the present lease to the building, together with the good will in said business.

The terms of said sale are one-fourth (¼) purchase price cash in hand on day of sale, one-fourth (¼) to be evidenced by bankable notes due in three months, one-fourth (¼) due in six months, and one-fourth (¼) due in nine months, such deferred payments to be evidenced by assignment and bankable notes and that title to the property will be retained till final payment of purchase price.

This sale is made and had under and by virtue of an order of the court in the cause known as "In the Matter of the Administration of the Estate of J. W. Brown, Deceased." This 23rd day of June, A. D., 1923.

EUNICE J. BROWN, Administratrix of J. W. Brown, Deceased. j28-j6-13-20

You owe it to yourself to attend this Clearance Sale. It means great big savings to you.

### Our 28th Anniversary and

Read Through this whole ad. It's crowded with Money Saving News.

# JULY CLEARANCE SALE

Begins Thursday, July 19th and Continues Thru Monday July 30th—11 Great Sale Days Every Department on Our Nine Big Floors Will Participate in Making the Greatest Price Reductions of the Whole Year.

## Men's and Young Men's Suits

Our entire line of Schloss, Styleplus, Rochester and Belk Suits, including serges, worsteds, cashmeres, flannels, mohairs, gaberdine, tropical worsteds and palm beaches, all go in this, our 28th Anniversary Sale at sweeping reductions.

Men's and Young Men's Seer Sucker Suits. Anniversary Sale Prices

**\$3.85 \$5.95 and \$7.95**

500 Men's and Young Men's All-Wool Blue Serge, Fancy Worsteds, Tweeds and Cashmere Suits, reduced for our 28th Anniversary Sale to

**\$9.95 \$12.95 \$16.95 and \$19.95**

### MEN'S PANAMA HATS

Big lot Men's Panama Hats go in this sale at a tremendous reduction. In this lot you will find hats worth up to \$8.00 reduced to

**\$1.95 \$2.95 \$3.95 \$4.95**

### Men's Underwear

MEN'S \$2.00 SILK STRIPE UNION SUITS, \$1.35 Men's \$2.00 value silk stripe Soisette Union Suits. Sale Price

**\$1.35 3 for \$4.00**

MEN'S \$1.50 SOISETTE UNION SUITS, 98c 1 lot men's genuine Soisette and Madras Union Suits, a real \$1.50 value, Sizes 34 to 54s.

**Special 98c**

MEN'S \$1.50 KNIT UNION SUITS, 98c Men's \$1.50 value Athletic Union Suits, Extra fine quality. Sale price

**98c**

Men's \$1.50 value short sleeve and ankle length Union Suits. Sale price

**\$1 15**

## Women's and Children's Ready-to-Wear

At Remarkably Low Prices For This Sale

A general clean up sale in all departments, including our big ready-to-wear section. All Summer Dresses and Hats must go in this sale. Second floor.

One group of children's Organdy Dresses. Pretty dainty shades. Actual values \$2.00—

**\$1.19 and \$1.39**

Misses Gingham Frocks. Sizes 7 to 14 years. Extra special

**\$1.00**

One group of ladies' Gingham Dresses, Fast colors. All sizes

**\$1.49**

Women's fine Gingham Dresses, Values up to \$7.50. Slightly mussed

**\$1.95**

One small group extra size Gingham Dresses. 42 1-2 to 54 1-2. Actual values to \$5.00.

**\$1.95**

One group of hand-made high shade Voile Waists. Values up to \$3.98. Sale price

**\$1.98**

Men and Young Men's genuine Palm Beach, Mohair, Garberdine and Tropical Worsteds Suits, reduced to

**\$9.95 \$12.95 \$14.95 \$16.95 \$19.95**

Men's fine Hand Tailored Suits, all standard makes, and made in all the season's newest models and patterns. Reduced to

**\$22.95 \$26.95 and \$29.50**

### ALL MEN'S STRAW HATS AT ALMOST 1-2 PRICE

Our policy is to carry over no Straw Hat this season. So we have reduced the price almost one-half price to clean them up. These hats are all the newest straws and shapes. Reduced to

**69c 98c \$1.48 \$1.95 and \$2.48**

### MEN'S \$1.00 UNION SUITS, 63c

Men's \$1.00 value, 72x80, Count Union Suit, cut full size and well made. Anniversary Sale Price

**63c**

Men's 50c Nainsook Union Mastie, all sizes. Sale Price

**39c**

Men's genuine Pepperel elastic seam Drawers. Sale Price

**50c**

Men's \$1.00 value elastic seam Drawers. Sale Price

**85c**

Men's genuine Otis Balbriggan Shirts and Drawers. Sale Price

**69c**

Men's Balbriggan Shirts and Drawers. Sale Price

**43c**

A clean sweep on Ladies Hats. We have had a great season on Hats and can afford to clean them out at a price. All Ladies Hats will be reduced to a ridiculous price. Hats sold from \$1 to \$10

**50c to \$4.95**

## WOMEN'S and CHILDREN'S HOSIERY

Buying Hosiery as we do for 32 stores, we buy them in thousands of dozens, getting values that are impossible to the small buyer. We place on sale now 5,000 dozen Hosiery, at Sale Prices—Tremendously reduced for our Anniversary Sale.

100 dozen Ladies' Thread Silk, full fashioned Hose, a remarkable value even at \$1.50, none better. Some values in the lot as high as \$2.00 values—all the leading shades. Special sale price at \$1.19. One lot of fine Thread Silk Hose especially good \$1.50 value. Selected and made for this price. A general clean up is our purpose in giving these at

**98c**

All colors—seams all the way up. 200 dozen \$1.00 Stockings in all the new shades, finest list tops, double sole and toes. Seams all the way, all colors. Extraordinary good \$1.00 quality. Ask to see these and you will buy several pair. Sale price, special

**75c**

500 dozen Ladies' Silk Fiber Hose to sell at

**49c**

These come in all colors. Have the fine mercerized tops, double heel and sole, seams all the way. Fine quality mercerized tops. Extra good 69c to 75c values. All colors, including red and green. Per pair

**48c**

200 dozen large size Huck Towels, white or red borders, real values 18c to 25c. Sale price on these, 6 for

**\$1.00**

"Extra fine Sale Values" on all sorts of Towels.

200 dozen good sizes double face Bath Towels, extra at

**10c ea.**

200 dozen larger size 18 to 20c values

**15c each**

200 dozen specially heavy double face Bath Towels, at least a 39c value. Large sizes at

**\$3.50 Doz.**

Extra large double face Bath Towels, no better 50c values can be found. Extra heavy at

**\$4.50 Doz.**

200 dozen 20x40 Bath Towels, good 25c values

**18c or 6 for \$1.00**

Large size Octagon Washing Powder, 10c size

**5c**

5,000 packages Grandma's Washing Powder, 5c size at

**2½c**

Ladies' outside larger Hose, in thread silk, silk fiber, mercerized lisle and cotton, all outsize. Sale price, black and white,

**\$1.35, 89c, 65c, 43c and 25c**

100 dozen Ladies' Fiber Silk Stockings, black, cordovan, grey and white. This is a very great value. As a special leader

**19c**

Ladies' black or white Cotton Hose, long rib top. Best 19c Hose. Made as a special sale leader. Per pair

**10c**

Lot of children Colored Top Socks best 15c value at

**10c**

A very special line of Children's Colored Top Socks, very attractive patterns, best 29c to 35c values all sizes, and the price is especially low

**19c**

## UNDERWEAR

Ladies' Muslin Gowns and Teddies, white and flesh, plain and lace trimmed. Specially reduced

**49c, 59c, 89c, \$1.35**

Ladies' \$1.50 Windsor Crepe Gowns at

**98c**

Look for the big counter of misses' Underwear—Gowns, Teddies, Skirts, Slips, etc., Gown quality Muslin Nainsook, etc. All marked at half price and less. Yellow tickets.

Ladies' regular and extra size vests, 25c and 35c values at

**19c**

Ladies' 50c double extra size gauze vests

**38c**

2 for

**75c**

Ladies' 75c value White or Pink Union Suits

**45c**

Ladies' fine Knit Union Suits, values up to \$1.50. Reduced to

**69c and \$1.50**

Ladies' Corsets, 85c value

**59c**

Our entire line of Corsets will be yellow ticketed at specially reduced prices—

**\$1.35, \$1.95, \$2.29, \$2.69, 3.48 and \$3.95**

Children's Draw Supporters with buttons at

**23c and 29c**

Big line of Silk Lingerie slightly mussed at almost give-away price.

This as usual is our strictly cash sale. Only once a year do we ask this.

# BELK BROS. CO.

We advertise only the things we actually have—and these advertise us.