

If you're lucky enough to have a | first birthday party. fairly new infant in your home, there's a delightful book awaiting you at New Bern's Public Library.

It has been off the press several years, but there's nothing out of First Year", the volume was written by two eminent doctors, Benjamin Spock and John Reinhart. A famed children's photographer, Wayne Miller, illustrated it with almost a hundred photos.

book well worth your time. They range from the realistic to the spi ritual-from the first glimpse of the newborn baby in the obstetrician's hands, to the long-awaited

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In between are studies of such scenes as the bliss of the bath, and other gleeful explorations of a brave new world. A running comdate about it. Entitled "A Baby's mentary, cleverly written, describes and explains the action.

Dr. Spock, as millions of American parents already know, is the author of a work that has become a household classic -- "Common

Sense Book of Baby and Child The pictures alone make the Care." His co-author in this second volume is a friend and colleague at the Rochester Child Health Institute and the University and wife, Ann Harris Sumrell, of Pittsburgh.

As for Wayne Miller, the photographer, his contribution to the book was a labor of love. The baby in property in No. 1 township. the illustrations is Miller's own daughter, Dana, and the photos are a picture record of her first year J. G. Dunn to Margaret Gibbs

Although The Mirror strongly recommends "A Baby's First Year" to New Bern parents of the very young, we feel sure that anyone who loves children will enjoy it to the fullest.

It isn't a long book—only 178 pages with very little reading matter. You can read it quickly, but its scientific information and uncommon insight blend with the photographs to adequately portray the work and play, delight and learning, headaches and joy that make up the first year of life.

MIRROR MEDITATION

Employ thy time well if thou meanest to gain leisure! and since thou art not sure of a minute, throw not away an hour! Leisure is time for doing something useful. This leisure the diligent man will obtain; but the lazy man may never. So that, as Poor Richard says, a life of leisure, and a life of laziness are two things. Do you imagine that Sloth will afford you more comfort than Labour? No. for as Poor Richard says, trouble springs from idleness, and grievous toil from needless ease. Industry gives comfort, and plenty, and re-

-Benjamin Franklin

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