

feel old at fifty—do not ignore society, on the contrary are fond of it, and although they have neglected dancing so long, something tells them it is never too late to learn and they govern themselves accordingly. In every period of life, the art of dancing facilitates the acquisition of ease and elegance in personal deportment, but especially when acquired in early life. They who have learned to dance in childhood are ever distinguishable in manner from those who have not learned. They enter a room and retire therefrom, or pace an apartment with ease and dignity of carriage. Graceful movement has become a second nature by early training and continual practice. Books alone are not sufficient to teach our art. Personal instruction and discipline are indispensable. A few lessons sometimes suffice for those who are gifted with a delicate sensibility and quickness of apprehension. But a living model, a severe and friendly criticism are necessary to render books of etiquette and dancing available even to those who are naturally elegant.