Art and Health

Girl in Yellow

M. Jean McLane
This little book is dedicated to the Health of our Boys and Girls in the earnest belief that, learning more of the ways of Health, they will grow in strength and in beauty. The Rules of the Game, illustrated here, have been issued by our own government for its boys and girls.

Cover picture by courtesy of Grand Central Art Galleries

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These swimmers delight in the clean, crisp tang of the salt water, in the warmth of the golden-green sunlight filtering down through the sea, in the swirl of the back-wash from their quick, eager strokes. The feeling of glorious health which follows a swim will glow in the body after a tub-bath or shower, and a brisk rubdown.

A full bath more than once a week in the surf or in the tub brings new vigor to young boys and girls.
Bright eyes, rounded cheeks and sparkling teeth are the rich possessions of these young people. Beautiful teeth are possible for those who feed their bodies properly and brush their teeth at least once a day to keep them in good condition.
Up and down his fields, the farmer trudges daily, watching carefully the food he is growing. Winds blow, storms arise and the sun shines. Then at the end of the summer comes the joyous harvest time when the fruits and vegetables are gathered in.

Boys and girls should eat some fruits and vegetables every day.
These young maidens in far-off France visit the spring each day to fill their jugs with cool, refreshing water. At least four glasses of water should be drunk each day.
All day long in pleasant meadows the cows eat clover blossoms and buttercups and cool green grass. They drink clear water and rest in the shade of leafy trees. Then, when night comes, the tinkling of cow-bells is heard in the lane as the cattle go home to give their rich, creamy milk for boys and girls.

To grow healthy and strong, boys and girls should drink milk daily.
It takes strong muscles and a sure balance to stand on slippery rocks and fling out a fishing line into the tumbling sea. It takes good sportsmanship and a quick eye to play the fish once it has been hooked.

Fishing is one form of healthful out-door recreation that man has loved from the earliest times. There is life in the warm sunshine and fresh air.

Every boy and girl should play part of every day out-of-doors.
While they are asleep and breathing in the fresh night air, Nature strengthens the bodies of boys and girls and prepares them for active manhood and womanhood.

Long and regular hours of sleep with windows open wide help to make the baby grow and keep the grown man strong.
In preparing this booklet, the Metropolitan Life Insurance Company has used reproductions of some of the masterpieces which are on display in the Metropolitan Museum of Art, the Brooklyn Museum of Art, the Art Institute of Chicago, and the Grand Central Art Galleries. Travelers come from far and wide to view these masterpieces of artists who have made their names immortal through their paintings.

M. Jean McLane, whose exquisite painting, Girl in Yellow, is reproduced on the cover of this booklet, and whose charming study, Sleeping Child, is included at the end, is an American artist. In these pictures, as well as in most of Miss McLane's work, there is an impression of light and sunshine.

The Swimmers, by Sorolla, the Spanish artist, who is distinguished for the splendor of his sunlight effects, portrays the joy of splendid youth.

Nature is a theme based on the affection of two beautiful children. It was painted by Lawrence, the great English artist, who considered it his best picture.
ETTORE CASER, a modern Venetian painter, reveals his genius in *The Offer*, which depicts luxuriant nature.

JULES BRETON, one of the greatest French artists, has in his picture, *At the Fountain*, brought out the charm of simplicity and vibrant health.

G. GLENN NEWELL has put into his beautiful *Landscape and Cattle* his intimate knowledge and love of pastoral life.

GIFFORD BEALE, one of the younger American artists, has produced vigorous American boyhood in his painting, *The Fisherman*.

All of these paintings have a practical application to health. Health develops to the utmost the manly and womanly strength and beauty which inspired the artists who made these pictures.