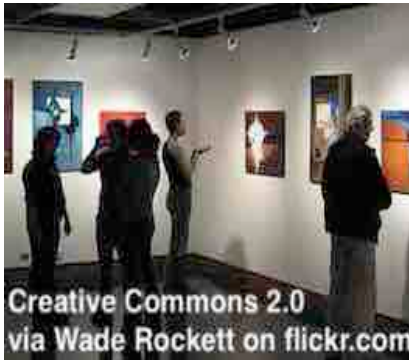


Canada doctors using art to treat patients

28th October, 2018



The Montreal Museum of Fine Arts in Canada has teamed up with a group of doctors to help sick people. The doctors will prescribe visits to Montreal's art galleries, instead of giving them medicine. The

museum is currently taking part in 10 trials on patients to find out what effect art has on health. The patients include people with breast cancer, eating disorders, epilepsy and mental health problems. Thomas Bastien, director of education and wellness at the museum, believes that art heals. He said: "We saw that the museum was good for people, so we decided to start this program with the doctors. If you're suffering from breast cancer, you could come to the museum and you might feel better."

A doctor who has a lot of experience in helping to heal people with art spoke about the benefits of art therapy. Dr H el ene Boyer said: "There's more and more scientific proof that art therapy is good for your physical health." She said looking at art increases hormones released in our bodies. These hormones are responsible for our well-being. Dr Boyer said visiting art galleries released the same kinds of hormones that are released when we exercise. Nathalie Bondil, the museum's director-general, said physical activity and art gave similar health benefits. She said: "I am convinced that in the 21st century, [art] will be what physical activity was for health in the 20th century."

Sources: bbc.com / lonelyplanet.com / montrealgazette.com

Writing

Looking at and creating art can be better than taking medicine. Discuss.

Chat

Talk about these words from the article.

fine arts / doctors / sick people / doctors / medicine / health / education / cancer experience / heal / benefits / proof / well-being / hormones / exercise / 20th century

True / False

- a) The museum in the article is in Toronto. T / F
- b) Doctors will prescribe visits to art galleries to collect medicine. T / F
- c) All of the people in trials are mental health patients. T / F
- d) A museum director believes art therapy might make people feel better. T / F
- e) A doctor said there was no scientific proof that art therapy worked. T / F
- f) A doctor said looking at art increased hormone levels in our body. T / F
- g) A director-general said looking at art and physical activity were similar. T / F
- h) Art this century will be like physical activity was in the past century. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|-----------------------|------------------|
| 1. teamed up | a. cures |
| 2. taking part | b. merits |
| 3. trials | c. certain |
| 4. heals | d. tests |
| 5. suffering | e. comparable |
| 6. benefits | f. collaborated |
| 7. proof | g. let go |
| 8. released | h. evidence |
| 9. similar | i. participating |
| 10. convinced | j. experiencing |

Discussion – Student A

- a) What do you think of art?
- b) Why is art so important to us?
- c) Do you think art can be better than medicine?
- d) How does art make you feel?
- e) How could art help people with eating disorders?
- f) What are your favourite museums and art galleries?
- g) What art do you have in your home?
- h) Is painting or looking at paintings better for our health?

Phrase Match

- | | |
|--|----------------------------|
| 1. teamed up | a. them medicine |
| 2. The doctors will prescribe | b. when we exercise |
| 3. instead of giving | c. might feel better |
| 4. If you're suffering from | d. for our well-being |
| 5. come to the museum and you | e. visits |
| 6. A doctor who has a lot of experience in | f. in the 20th century |
| 7. more and more scientific | g. with a group of doctors |
| 8. These hormones are responsible | h. proof |
| 9. hormones that are released | i. helping to heal people |
| 10. what physical activity was for health | j. breast cancer |

Discussion – Student B

- What do you think about what you read?
- What is your favourite kind of art?
- Would you try art therapy?
- Do you think looking at art is as good as exercise?
- Which is healthier, looking at art or looking at the countryside?
- Is looking at art on the Internet as healthy as visiting an art gallery?
- What other areas of culture are good for our health?
- What questions would you like to ask the doctors?

Spelling

- The doctors will rseepibcr visits
- Montreal's art earglsile
- instead of giving them cmnieied
- eating seirddros
- director of taeodcuin
- breast enrcac
- a lot of nexeripec
- spoke about the tinsfbee of art
- more and more enticisfic proof
- hormones are isobnrlspee for our well-being
- in the 21st eurctny
- lihscyap activity

Answers – Synonym Match

1. f	2. i	3. d	4. a	5. j
6. d	7. h	8. g	9. e	10. c

Role Play

Role A – Jogging

You think jogging is the best form of physical activity. Tell the others three reasons why. Tell them what is wrong with their activities. Also, tell the others which is the worst of these (and why): housework, shopping or weight training.

Role B – Housework

You think housework is the best form of physical activity. Tell the others three reasons why. Tell them what is wrong with their activities. Also, tell the others which is the worst of these (and why): jogging, shopping or weight training.

Role C – Shopping

You think shopping is the best form of physical activity. Tell the others three reasons why. Tell them what is wrong with their activities. Also, tell the others which is the worst of these (and why): housework, jogging or weight training.

Role D – Weight Training

You think weight training is the best form of physical activity. Tell the others three reasons why. Tell them what is wrong with their activities. Also, tell the others which is the worst of these (and why): housework, shopping or jogging.

Speaking – Physical activity

Rank these with your partner. Put the best kinds of physical activity at the top. Change partners often and share your rankings.

- | | |
|-------------|---------------------|
| • jogging | • housework |
| • gardening | • weight training |
| • swimming | • shopping |
| • hiking | • walking up stairs |

Answers – True False

a	F	b	F	c	F	d	T	e	F	f	T	g	T	h	T
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Answers to Phrase Match and Spelling are in the text.