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" When a person studies the humanities (the arts) the intended result is that he should be better able to understand, design, build, or repair a life." – Edwin Delattre   
This is a very interesting quote of a poet Edwin Delattre, but I do not completely agree with what he said. I think that art can help to understand life better, but purpose of studying art is not just better understanding of it. On the contrary, I think that the person with proficiency in arts has many more questions regarding life and its meaning than a person who has studied mathematics or chemistry. With knowledge of arts, a person is acquainted with many different views how artists perceived our world. After studying arts, it is much harder to have one specific perception of things that are happening around us. This is the reason why it is harder to be better able to understand life for a person who has studied humanities or arts.   
On the other hand, many artists create their own worlds and people who enjoy looking at their paintings get a chance to visit these worlds. As artists create their own worlds, they do have an understanding of their own worlds. However, this ability to create a reality comes with years of professional practice and it does not always bring a desired result.   
This is why I do not agree with the Edwin Delattre. However, for some people it can be true as they intend to be able to understand life when they study humanities. Overall, there are many people, and there are even more views of the world. There is no single understanding of the world, and neither there is a single perception of studying arts. Thus, Delattre’s quote is rather contradictory, but it would definitely make sense for some people.