The Multiple Linear Regression model, trained to predict life expectancy based on various features, shows an MSE of 4.74 and an R-squared of 0.95.

Mean Squared Error (MSE) of 4.74: This indicates that, on average, the squared difference between the predicted and actual life expectancies in the test set is 4.74 years squared.  Lower MSE values are better, suggesting that the model's predictions are relatively close to the actual values.

R-squared (R2) of 0.95: This signifies that approximately 95% of the variance in life expectancy is explained by the included features in the model. An R-squared value of 0.95 is very high, suggesting a strong relationship between the predictor variables and the target variable.  The model appears to fit the data quite well.

In summary:

The model demonstrates strong predictive performance.  The high R-squared value suggests that the selected features are good predictors of life expectancy, and the relatively low MSE indicates that the model's predictions are accurate.  However, further analysis, such as examining residuals and feature importance, would be needed for a more comprehensive evaluation.