

# Zest : An Inner Attitude

Meaning of zest could be better explained by people's reaction to food. Some people show indifference because they are used to eat lavish food or have not experienced pains of hunger. Eating is also tiresome to some extent. Some people eat less as a precautionary measure, while others eat with full appetite. In the same way, some people enjoy true meaning of life while others are oblivious to it.

words in the Main passage : 223

Words in The Precise : 79

## EXERCISE I

Perhaps the best way to understand what is meant by zest will be to consider the different ways in which men behave when they sit down to a meal. There are those to whom a meal is merely a bore, no matter how excellent the food may be, they feel that it is uninteresting. They have had excellent food before at almost every meal they have eaten. They have never known what it was to go without a meal until hunger becomes a raging passion, but have come to regard meals as merely an ordinary occurrence. Like everything else, meals are tiresome but, it is no use to make a fuss, because nothing else will be less tiresome. There are the invalids who eat from a sense of duty, because the doctor has told them that it is necessary to take a little nourishment in order to keep their strength. Then there are the gluttons who fall upon their food with eager rapidity, eat too much and grow lethargic, finally there are those who begin with a sound appetite, are glad of their food, eat until they have had enough and then stop. Those who are set down before the feast of life have similar attitudes towards the things, it offers.