

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. (212)

Eppetite defines personalities

Different people have different types of eppetite. One, who consider eating a herculean task and show little interest in eating, no matter how excellent the faste is. The second category counts those who are gastronome and eat enthusiastically to keep themselves nourished. Sometimes, over-eating makes them lathergic. The third category distinguishes from above persons because they keep their diet balanced and have sound eppetite. All these categories define the personality in daily life.

Total words: 212

Precis : 73