

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.

No. 111
Title : Attitude towards Life

To understand flavours of life, consider mealtime as approach. People behave differently when they have meal: one for whom food is uninteresting Likewise such people took life for granted; invalids, who eat only for survival; gluttons eat too much; and the balanced one who had meal according to appetite, they appreciate and eat until they had enough. Similarly people have different attitudes toward life. Attitude toward meal mirrors attitude toward life experiences and opportunities. (74 words)

EXERCISE 2

I am sick of life, both mentally and physically, I suppose the one leads to the other. I have no zest in me, no desire. Whenever anyone makes me do anything or whenever I think of doing something, the invariable question that comes on from the depths of my mind is 'oh what is good'. Is there any good in this world? Is it worth all the trouble one takes over it? Is it not all vanity? The fact is I have lost faith in every thing, in myself, in God, in humanity, in life, in the world. Nothing seems to be real or tangible. Everything seems to be ephemeral and the outcome of human vanity. All my life I have fought and struggled against this doctrine. I have thundered from hundreds of platforms that the doctrine which says 'This world is a farce, unreal, imaginary and delusion,' is false and immoral. Yet today in the evening of my life I found myself confronted with the same view.

Title: Facing Reality OR Faith in Flux

The author is sick of his life. He has no enthusiasm, lost faith in everything in this World. To him everything seems unreal and result of human pride. A person who spent his life opposing the idea that world is illusion now find himself confronted with the same view in his later years. (53 words)