$$\frac{z^2-49}{6z^2+1}\left(\frac{42z+1}{z-7}+\frac{42z-1}{z+7}\right)$$

1). $$\frac{42z+1}{z-7}+\frac{42z-1}{z+7}=\frac{(x+7)(42z+1)+(x-7)(42z-1)}{(z-7)(z+7)}$$

$$=\frac{42z^2+z+294z-7+42z^2-z-294z+7}{x^2-49}=$$

$$=\frac{84z^2+14}{z^2-49}$$

2). $$\frac{z^2-49}{6z^2+1}\cdot\frac{84z^2+14}{z^2-49}=\frac{84z^2+14}{6z^2+1}$$