



There are as many reasons as there are participants in jogging. But I have a hunch there's a further explanation of our obsession with exercise. I suspect that what motivates us even more than a fear of death is a fear of lack. Our era is the first to anticipate the eventual depletion of all natural resources. We see the irreplaceable being wasted, and in the depths of our consciousness we are fearful that we are creating an uninhabitable world. We feel more or less helpless and yet, at the same time, desirous to protect whatever resources we can. We recycle soda bottles and restore old buildings and protect our nearest natural resource - our physical health - in the almost superstitious hope that such small gestures will help revive an earth that we are withering. Jogging becomes _____.

Like a hairshirt or a bed of nails of ascetics, the more one hates it, the more virtuous it makes one feel. [3점]

*ascetic: 고행자, 수도승

- ① the most important resource to the dying earth
- ② the best medicine for our seriously corrupted spirits
- ③ a sort of salvation from our sins of greed and waste
- ④ a method to reach the higher level in the spiritual world
- ⑤ a block for rebuilding the world through physical health