

**THE FUTURE OUTLOOK**

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**THE FUTURE OUTLOOK**

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**AGE OF BAD HEALTH?**

For many this is the age of bad health. Everyone should have a family doctor and dentist, however, many people consider the drugstore as being the doctor of all pains. There are too many people relying on pain killers for toothaches, aspirins for headaches and upset stomachs, and foot products for ailing feet. Many of these remedies relieve the pain, but many of them aggravate the pain.

There are too many people suffering from cancers, tumors, and rare diseases and illnesses today because of modern convenient medicines. Rather than making an appointment with a doctor or dentist, a person usually runs to his nearest drugstore and buys a bottle of pills. When the pain goes away as a result of the pills, the person is happy and thinks nothing else about it unless the pain returns. As a last resort the person visits the doctor to find out that he could have prevented his illness two or three months before if he had visited the doctor. Many doctors tell their patients that it is cheaper and more pleasant to prevent than to treat and cure.

Drugs used in the hands of inexperienced people such as LSD and marijuana often shorten the lives of many, most of them teenagers because of overdoses.

However, drugs are not the only reasons for bad health. Consumer products such as cigarettes, cigars, and other tobacco products are known to cause heart attacks, lung cancer, throat disorders, and other serious illnesses. Alcohol, another consumer product is known to affect the liver, kidneys, bladder and has caused the loss of many lives in car accidents.

Even overeating is dangerous to the health. Overeating is a major cause of heart attacks because food usually turns into fat which eventually surrounds the heart, overworks it, and smothers it.

Water and air pollution as a result of big industries in large cities distribute chemicals which are harmful to the body especially the eyes and nose. Bad weather, such as too much sun, usually results in heat exhaustion or sun strokes. Exposure in cold weather can cause pneumonia, flu, or tuberculosis.

Believe it or not, overworking can result in bad health. Many backaches and spinal disorders have developed from long and hard hours.

There are over a thousand illnesses and diseases; there are over a thousand reasons for them, and yet there are over a million doctors to prevent, treat, and cure them if possible.

Therefore, I say to you, as you walk or drive along the streets of the city and observe signs, let them refer to your health as well as to your driving.

**CAUTION**—handle each pain with care.

**YIELD**—to the thought that each pain may be serious.

**GO**—to the doctor of your choice.

**STOP, LOOK, LISTEN**—to what your doctor or dentist has to say, and 25 to 55 more years of good health may be added to your life.

**A SONG TO REMEMBER**

Our God, our Help in ages past, Our Hope for years to come  
 Our Shelter from the storm blast, And our eternal Home:  
 Before the hills in order stood, Or earth received her frame,  
 From everlasting Thou art God, To endless years the same.  
 A thousand ages in Thy sight Are like an evening gone;  
 Short as the watch that ends the night Before the rising sun.  
 Time, like an everrolling stream, Bears all its sons away;  
 They fly forgotten, as a dream Dies at the opening day.  
 Our God, our Help in ages past, Our Hope for years to come,  
 Be Thou our Guard while troubles last, And our eternal Home.  
 Amen

**DRIVE SANELY****This Week's Sunday School Lesson****9. GOD DELIVERS HIS PEOPLE****What Is Our Concern?**

Short years ago most countries in Africa were colonies of other nations. Today most of them are independent. Many of them are suffering greatly as they struggle to become truly independent nations. Does God hear their cry?

In our own country people with black skin have achieved a new status. Some have compared their position to that of the children of Israel in breaking away from the bondage of Egypt. Does God hear their cry?

Is God working through history to change this world of ours? Are we working with him to bring in the days of brotherhood and peace? How does God deliver people from injustice, pain, and suffering?

**Before You Read the Scripture**

Moses needed to know the name of the deity who addressed him. He had to convince the Israelites that a new revelation of God had come to him. In the understanding of ancient man a new name for God went with a new revelation.

"Moses learned that the name of 'the God of the fathers' (see Exodus 3:6, 13-15) was Yahweh. It was the first time that this name was identified with the names used by Abraham, Isaac, and Jacob. . . . The revelation of the name of God — Yahweh — was very significant for Moses. To know the name of the deity was to have assurance of his presence when he needed him.

"How we wish we knew the exact meaning of the word 'Yahweh.' Some scholars interpret the name Yahweh in philosophical terms. . . . Others suggest that Yahweh meant not what he was in his inner nature, but what he would show himself to be to Israel. He would declare himself through his actions. Some have suggested that Exodus 3:14 should simply read: 'I am Yahweh!' (rather than 'I am who I am,' . . .).

"This latter suggestion arises out of the fact that by about 250 B. C. Jews had begun to avoid pronouncing the divine name. Others have suggested that the divine name, Yahweh, simply means 'I will be there (with you), whenever needed.' We do not know which interpretation is correct. The author leans toward the latter two views, but prefers simply 'I am Yahweh.' (Note that Moses said to Pharaoh, 'Thus says Yahweh, the God of Israel, let my people go.') The rest of chapter 3 of the book of Exodus delineates God's nature as one who will 'be there' when needed, and also as one who is known by his actions.

" . . . Moses was told not to make any images of Yahweh whatsoever. When men prayed, they were to call upon 'the name of Yahweh,' rather than to call to some image! So the name replaces the image in Mosaic religion. To call upon his name is to be assured that he is there."

Except in Exodus 3:14, neither the King James Version nor the Revised Standard Ver-

sion attempts to translate the divine name. Instead, they use "Lord" or, sometimes, "God" (printed in capital letters). See Amos 6:8, where each of these words is used once to translate its Hebrew equivalent and once to represent the divine name, Yahweh.

**What the Scripture Says**

The Scripture for today is Exodus 2:23 through 3:22; 5:22 through 6:9; 12 through 15. Selected verses are printed below. See Home Bible Study suggestions in the back of the quarterly.

Exodus 2:23-25

23 In the course of those many days the king of Egypt died. And the people of Israel groaned under their bondage, and cried out for help, and their cry under bondage came up to God. 24 And God heard their groaning, and God remembered his covenant with Abraham, with Isaac, and with Jacob. 25 And God saw the people of Israel, and God knew their condition.

Exodus 3:7-8a

7 Then the Lord said, "I have seen the affliction of my people who are in Egypt, and have heard their cry because of their taskmasters; I know their sufferings, 8 and I have come down to deliver them out of the hand of the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey. . . ."

Exodus 12:21, 23-27

21 Then Moses called all the elders of Israel, and said to them, "Select lambs for yourselves according to your families, and kill the passover lamb. . . . 23 For the Lord will pass through to slay the Egyptians; and when he sees the blood on the lintel and on the two doorposts, the Lord will pass over the door, and will not allow the destroyer to enter your houses to slay you. 24 You shall observe this rite as an ordinance for you and for your sons for ever. 25 And when you come to the land which the Lord will give you, as he has promised, you shall keep this service. 26 And when your children say to you, 'What do you mean by this service?' 27 you shall say, 'It is the sacrifice of the Lord's passover, for he passed over the houses of the people in Israel in Egypt, when he slew the Egyptians but spared our houses.'" And the people bowed their heads and worshiped.

Exodus 14:30-31

30 Thus the Lord saved Israel that day from the hand of the Egyptians; and Israel saw the Egyptians dead upon the seashore. 31 And Israel saw the great work which the Lord did against the Egyptians, and the people feared the Lord; and they believed in the Lord and in his servant Moses.

Memory Selection: I will take you for my people, and I will be your God; and you shall know that I am the Lord your God, who has brought you out from under the burdens of the Egyptians. —Exodus 6:7

**How We Understand The Scripture**

Joseph, the last of the patriarchs mentioned in Genesis, held a prominent position in

the Egyptian government. When the Hebrews first came to live in Egypt, they were welcome. Long after the time of Joseph, a new king (Pharaoh) came to the throne who was greatly concerned about the increasing number of Hebrews. (Exodus 1:8-9) He did everything he could to kill them or drive them away. He even issued an edict that all baby boys should be killed. (Verses 15-22)

As Moses grew up, he had ample opportunity to observe the inequities his people suffered. His defense of a fellow Hebrew caused him to flee from Egypt to Midian. (2:1-15)

Israel's burdens grew heavier and heavier. They cried out for help. When God heard their groaning, he remembered the covenant he had made with Abraham, Isaac, and Jacob. (Verse 24) In his call to Moses he said he had seen the way the Hebrews had been mistreated. He had heard their cries, and he was coming to help them. (3:7-8a)

**The Passover**

Genesis 12:21, 23-27 tells about the Passover, a great religious festival celebrated by the Hebrews. The Passover observance relates closely to the last plague Egypt suffered because she would not release the Hebrews. The Passover festival is centered in the family and home, though for a short time it centered in the Temple at Jerusalem. (See Deuteronomy 16:5-7; 2 Kings 23:21-22.)

Moses instructed the Israelites to select lambs "according to your families." (Exodus 12:21) The blood on the doorposts (verse 23) was a sign to protect them from the destroyer. This practice had probably been in existence a long time. In ancient times people believed that blood kept evil spirits away.

"Thus the Lord saved Israel." (Exodus 14:30) No matter how others might interpret what happened, the Hebrews believed that God's redemptive love was at work in their escape from Egypt.

When the people of Israel saw that they had been saved from Egypt, they "feared the Lord; and they believed in the Lord and in his servant Moses." (Verse 31)

**God's Mighty Acts**

The primary themes of this lesson are (1) the election of Israel as the people of God and (2) God's revelation of himself in his mighty acts. The Exodus from Egypt was indeed the greatest of God's mighty acts in the Old Testament, and Israel's deliverance at "the sea" was the most fateful day in Israel's history.

Running through this Scripture is the hint of another theme — promise and fulfillment. In the Exodus God was fulfilling his promise to make of the descendants of Abraham a great nation through whom all nations would be blessed. A people in bondage in Egypt could not be this great nation. Their deliverance was therefore essential.

In the account of the call of Moses to be God's agent, Moses appears as a reluctant prophet. He was not eager to take on

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