מִשְׁנָה ה'

But he should not cover himself	אֲבָל לֹא יִתְכַּסֶּה,
not with bad (smelling) water	לֹא בְּמַיִם הָרָעִים
and not with water used for soaking (flax)	וְלֹא בְּמֵי הַמִּשְׁרָה,
until he puts water into them.	עַד שֶׁיַּטִּיל לְתוֹכָן מַיִם.
And how much should he distance (himself) from them	וְכַמָּה יַרְחִיק מֵהֶם
and from excrement?	וּמִן הַצּוֹאָה.
Four *amot*.	אַרְבַּע אַמּוֹת: