

# The Saheeh International Quran Translation

ارْكُضْ بِرِجْلِكَ هَذَا مُغْتَسَلٌ بَارِدٌ وَشَرَابٌ

[So he was told], "Strike [the ground] with your foot; this is a [spring  
for] a cool bath and drink."