Toldot Shimshon

by Rabbi Shimshon Chaim Nachmani zt"l Published Livorno 1776*

Chapter V – Mishnah 20

הוא הָיָה אוֹמֵר, בֶּן חָמֵשׁ שָׁנִים לַמִּקְרָא, בֶּן עָשֶׂר לַמִּשְׁנָה, בֶּן שְׁלֹשׁ עָשְׂרֵה לַמִּצְוֹת, בֶּן חֲמֵשׁ עָשְׂרֵה לַמַּלְמוּד, בֶּן שְׁמֹנָה עָשְׂרֵה לַמִּצְיֹם לַמִּקְרָא, בֶּן שָׁלִשִׁים לַכִּחָ, בֶּן שֻׁלְשִׁים לַכִּחָ, בֶּן אַרְבָּעִים לַבִּינָה, בֶּן חַמִשִּׁים לָעַצָּה, בֶּן שִׁשִּׁים לַזְּקְנָה, בֶּן שִׁלְשִׁים לַפֹּחַ, בֵּן מֵאָה כָּאִילוּ מֵת וְעַבַר וּבַטֵּל מָן הַעוֹלָם. שָׁמוֹנִים לִגְבוּרָה, בֵּן תִּשִׁעִים לַשׁוּחַ, בֵּן מֵאָה כָּאִילוּ מֵת וְעַבַר וּבָטֵל מָן הַעוֹלָם.

He¹ used to say: At five years old the study of Scripture; at 10 years old, the study of Mishnah; at 13 years old, subject to the commandments; at 15 years old, the study of Talmud; at 18 years old, the bridal canopy; at 20 years old, for pursuit [of livelihood]; at 30 years old, the peak of strength; at 40 years old, wisdom; at 50 years old, for [giving] counsel; at 60 years old, old age; at 70 years old, fullness of years; at 80 years old, the age of "strength"; at 90 years old, a bent body; at 100 years old, like a dead man and gone completely out of the world.

עַקְבוֹת הַמִּשְׁנָה הַזּוֹ בִּזְמֵן זְמַנָּם זְמַנֵּיהֶם, נוֹדְעוּ לַבָּאִים בְּסוֹד ה'. וַאֲנַחְנוּ נַעֲלֶה בַּמְּסִילָּה הָעוֹלָה בֵּית אֵל, לְפִי פְּשָׁטָן שֶׁל דְּבָרִים. וּמִתְּחַלָּה קַשֶּׁה עַל הַכְּלֶל כֵּלוֹ, לָמָה קוֹדֶם עֶשְׂרִים שֶׁנָה—חַלֵּק הַזְּמַנִּים מֵחֲמֵשׁ לְחָמֵשׁ, וּמֵעֶשְׂרִים וְהָלְאָה—לְעֲשִׂירִיוֹת.

The footsteps of this Mishnah,² in the time, their time, their times,³ are known to those who enter into the esoteric secrets of G-d.⁴ We will ascend by the way that ascends Beth El,⁵ according to the simple understanding of things.

Question 1: First, there's a question on the entire rule: Why prior to 20 years, is it divided in 5-year terms [i.e., 5, 10, 15, and 20; and also 13 and 18], but from 20 years and onward, it is divided in 10-year terms?

^{*} English translation: Copyright © 2024 by Charles S. Stein. Additional essays at http://www.zstorah.com

¹ In our edition, the previously mentioned Tanna was Judah ben Tema. In other editions of Pirkei Avot, this Mishnah is placed at the end of the chapter, with the previously mentioned Tanna being Ben Hay Hay.

² Cf. Ps. 89:52, "in the footsteps of the Messiah."

³ Cf. Megillah 2a, discussing whether there is any significance in the difference between the terms "the time," "their time," and "their times."

⁴ The term appears in a few places in Isaiah HaLevi Horowitz, *Shnei Luchot haBrit* (1698), including Torah Shebichtav: Bereishis, Torah Ohr 98; Lech Lecha, Torah Ohr 2; Shelach, Torah Ohr 5 and 42 and Shaar HaOtiyot, Lev Tov 8.

⁵ A common term in Rabbinic literature, such as found in *Igerot haRambam*, Chiddushei haRambam 122.

וְיוּבַן, בְּמַה שֶׁכָּתַב הָרַמְבַּ"ן זַ"ל בְּפָרָשַׁת בְּהַעֲלוֹתְךּ, שֶׁכָּל אָדָם נוֹתֵן לְבּוֹ בַּעֲשִׂירְיּוֹתָיו, כִּי יִשְׁתַּנּוּ בָּהֶם הַטְּבָעִים, וְיֵדַע בְּהַגִּיעוֹ לְעָשְׂרִים אוֹ לִשְׁלוֹשִׁים, כִּי יֵדְעוּ בּוֹ שְׁכֵינִיו וּקְרוֹבָיו וְיוֹדִיעוּהוּ. אֲבָל בְּהַגִּיעוֹ לְעָשְׂרִים וְחָמֵשׁ, לֹא יַרְגִּישׁוּ בּוֹ כָּל כָּךְ. עכ"ל. אַמָנַם קוֹדֵם עֵשִׂרִים, עַדִיִין הוּא קָטָן, וּמוֹנִים חָדָשֵׁיו וְשָׁנַיו, וּמַרְגִּישִׁים בּוֹ טַבַע אַחֵר, מְחַמֵשׁ לְחָמֵשׁ שַׁנִים.

Answer to Question 1: It will be understood, by what the Ramban of blessed memory wrote in parashat Beha'alotecha, that: "Each person pays attention to [the passing of] his decades, since his [physical and emotional] nature changes [at these stages]. He will know when he reaches the age of 20 or 30; for even his neighbors and relatives will notice [these changes] and inform him of it. But when a person reaches 25, they do not notice it so much."

Indeed, prior to 20, he is still small, and counts the months and years, and feels a different nature, every five years.

אֲכָל עֲדַיִין קֵשֶׁה עַל הַפְּרָט, דְבִשְׁלָמָא הַבָּבוֹת הָרְאשׁוֹנוֹת וְהָאֶמְצָעִיוֹת, יֵשׁ בָּהֶם אֵיזֶה חִידּוּשׁ, שֶׁבֵּן אַרְבָּעִים לַבִּינָה וְהגִּיעַ לשְׁנֵי הַהוֹרָאָה, וּמִבֶּן חֲמִשִּׁים רָאוּי לְעֵצָה, וְכֵן הַזּקְנָה וְהשֵּׁיכָה רְאוּיִים לְהַתְּכַּבֵּד. אֲכָל הַשְׁמֵּי בָּבוֹת הָאַחְרוֹנוֹת, בְּפְרָט בֶּן תִּשְׁעִים לְשׁוֹחַ, בֵּן מֵאָה כָּאִילוּ מֵת, מֵאי קֵא מַשְׁמָע לָן, וּמֵה בָּא לְלַמְדֵנוּ.

Question 2: But there's still a question about the details, because granted, the associations given for the first and middle ages have some novelty, e.g., for "at 40 wisdom" and arriving at the years of instruction, and from 50 years-old suitable for [giving] counsel, and similarly "old age" at 60 and "fullness of years" at 70 deserve to be respected.

But regarding the last two ages, specifically, a 90-year-old having a bent body, and a 100-year-old, like a dead man, what is he teaching us?

ְוְגַם זָה יוּבַן, בְּמַה שֶׁכָּתַב הַבְּחַיֵּי בְּפָסוּק "אֵלֶּה תוֹלְדוֹת הַשְּׁמִיִם וְהָאָרֶץ", שְׁנֵי תָּוי"ן מְכוּוָנִים זָה בְּנָגֶד זָה, וּפְנֵיהֶם אִישׁ אֶל אָחִיו. תָּי"ו שֶׁלְמַעְלָה, רוּם הַשָּׁמִיִם. תָּי"ו שֶׁלְמַטָּה, עוֹמֶק הָאֶרֶץ. וְזָהוּ שֶׁאָמֵר "שָׁמִים לָרוּם וָאָרֶץ לָעֹמֶק". וְעַל כֵּן, אַחַר שֶׁהִזְכִּיר "הַשָּׁמִיִם וְהָאָרֶץ", הֵיפֶּךְ וְאָמַר "אֶרֶץ וְשָׁמִים", לְלַמֶּדְךָּ, כִּי הַמְצִיאוּת כֵּלוֹ עִנְיָן אֶחָד, שֶׁל מַעְלָה פּוֹנֶה לְמַטֶּה, וְשֶׁל משָה פּוֹנֶה לְמַעְלָה וְכוּי. עכ"ל.

This will be understood by what Rabbeinu Bahya wrote on the verse, "These are the generations of the heaven and the earth:"

The two [letters] tav [in the word toldot, "generations"] are in opposition, facing each other, the upper [first] tav [represents] the heights of heaven, the lower [second] tav [represents] the depths of the earth. This is the meaning of what is said, "Like the heaven in its height, like the earth in its depth."

Therefore, after [Scripture] mentions "the heaven and the earth" [at the beginning of the verse], it reverses and says "earth and heaven" [at the end of the verse], to teach you, that all creation are one matter, of the upper [heaven] facing the lower [earth], and of the lower [earth] facing the upper [heaven], because thus the generations of both will be bound.

- Rabbeinu Bahya on Gen. 2:4

⁶ Ramban on Num. 8:5.

⁷ Gen. 2:4.

⁸ Prov. 25:3.

ְאַף אָנוּ נאֹמַר, שֶׁהַנֶּפֶשׁ וְהַגּוּף, הֵם הֵם עִנְיֵן שָׁמִיִם וְאֶרֶץ מַפְּשׁ, וְלָכֵן בַּשָּׁנִים הָראשׁוֹנוֹת שֶׁל אָדָם, הַנְּשָׁמָה פּוֹנָה לְמַשְּׁה, לְהַגְּבִּיר כֹּחוֹ וְשִׁלְלוֹ וּתְבוּנְתוֹ. וְכָל זָה הוּא בִּימִי הַקּיּוּם שֶׁל הָאָדָם, כְּדְּרָתִיב "יְמֵי־שְׁנוֹתֵינוּ בָּהָם שֶׁבְּעִים שָׁנָה וְאִם בָּגְבוּרֹת" וְכוּ'. וְכֵן הֵם הַשָּׁמִים וְהָאָרֶץ, כָּל יְמֵי קְיּוּמוֹ שֶׁל עוֹלָם. אֲבָל כְּשֶׁיֵגִּיעַ זְמַנָּם לְהַתְבַּטֵּל, יִתְחַלְּשׁוּ בָּהָם שֶׁבְּט מְעַט מְעַט מְעַט, כְּמוֹ הָאָדָם בְּסוֹף יָמִיו, כְּדְכְתִיב "שָׁמִיִם בֶּעשׁׁן נִמְלָחוּ וְהָאָרֶץ כַּבֶּגֶד תִּבְלָה", דְּהַיְינוּ לְאֵט לְאט, כְּדֶרֶה הָעְשַׁן וּכְלְיֵית מְעֵט מְעַט מְעַט, כְּמוֹ הָאָדָם בְּסוֹף יָמִיו, כְּדְכְתִיב "שָׁמִים בֶּעשׁׁן נִמְלָחוּ וְהָאָרֶץ כַּבֶּגֶד תִּבְלָה", דְּהַיְינוּ לְאַט לְאט לְאט, כְּדֶרֶה הָעְשָׁן וּכְלְיֵית הַבֶּבֶּד. שֻׁאָז הַשָּׁמִים אִינָם פּוֹנִים עוֹד לְמַטָּה, אֶלָּא אַדְרַבָּה, מְתְפֶּרְדִים מִן הָאָרֶץ, וְכֵן הָאָרֶץ מְתְפָּרֶדָת מְן הַשְּׁבִיל שֶׁהנְשָׁמָה מְתְבֶּלָה לְמַעְלָה, אֶלָּא אַדְרַבָּא, שַׁח וְיוֹרֵד, בִּשְׁבִיל שֶׁהנְּשָׁמָה מִתְבָּרֶה וְעֹשָׁה בְּאִילוּ מָּת לְגַמְרִי, כָּאִילוּ כָּבֶר וְתַבְּשָׁה בְּבָּר נְתַבְּשָׁה עַפַר כְּשַׁעְהָה בְּאִילוּ מְת לְגַמְרִי, כָּאִילוּ בְּבָר וְתַבָּשְׁה בְּיִבִיל וְנִיל בְּר נְתַבְּבֵשׁ וֹוֹ בְּיִב וְתִבּי לְשֹׁבּ בְּעִילוּ בְּבָּר נְתַבְּשָׁמָה מְחָב בְּיִבּל בְּיִם מִוֹב מְת לְגַמְרִי, בָּבְעִים בְּשְׁבִים לְּתִבּיל בְּבָּר נְתַבְּשָׁתְיה בְּשִׁבְיה בְּשִׁבִיל בְּבְּיל בְּבִיל בְּבְיל בְּבְּיל בְּיִבּיל בְּיִים בְּיִב מְיוֹ בְּיִב מְנִים עִּנִים בְּבְּיב בְּיִבְיל בְּבְּיל בְּבָּים בְּבִין בְּיִבְּעם בְּעִים בְּבְּים בְּבְּים בְּיִים מְנִים בְּעִים בְּבְים לְּבִים בְּיבְּים בְּיִים בְּיִבְית בְּיבּים בְּעִים וְנִים הָּעְיבְים בְּיִבְּבְּעְים וְהָבּים בְּיבִים בְּיִבּים בְּעִים בְּיב בְּיבְיבִים בְּיבְיבְים בְּבְּבְים בְּיבְּבְים בְּבְיבְים בְּבְּבְים בְּיל בְּבְיבוֹי בְּעִים בְּיבְבִים בְּבְּבְית בְּיבּים וְיבְים וְיבְּים עִילְם בְּבְּיבְים בְּבְּישׁוּ בְּבְים בְּבְיבְים בְּישְׁבְּים בְּבְּבְים בְּבְיבְיבְּים בְּיבְיבְיך בְּשְּבְיבְים בְּבְ

We will say that the soul and the body are both a matter of heaven and earth, and therefore in the first years of a person, the soul turns downward, to influence the body. The body turns upwards, to increase its strength and intelligence. All this is in the days of man's existence, as it is written, "The span of our life is seventy years, or, given the strength, eighty years." Thus these are the heaven and the earth, all the days of the existence of the world.

But when the time comes for them to be abolished, they will weaken little by little, like man at the end of his days, as it is written, "the heaven should melt away like smoke, and the earth wear out like a garment," which is slowly, as the way of smoke and the wearing out of the garment. For then the heaven won't turn downward any more, rather to the contrary, it will separate from the earth, and likewise the earth separates from the heaven.

Answer to Question 2: Thus too is man: at 90 years old a bent body, as if to say, that the body no longer ascends upward, but to the contrary, slumps and descends, because the soul separates and ascends. At 100 years old, as though he's completely dead, as though he's already separated and become dust, as it was.¹¹

The Toldot Shimshon now draws parallels between the ages of man and the days of Creation:

וּלְפִי דַּרְכֵּנוּ הַנִּזְכָּר לְעֵיל, הַכּּוֹנָה קָדִים לְיָמִים הָרְאשׁוֹנִים שֶׁל הַבְּרִיאָה, הַמִּשְׁנָה הַוּוֹ סוֹדֶרֶת סְעָדָיהָ מוּל יוֹם הַשְּׁשִׁי הַקְּדוּם, שָׁבּוֹ נִבְרָא אָדָם. וְיָדוּעַ שֶׁהָאָדָם הוּא תַּכְלִית הַבְּרִיאָה, שֶׁאָם אֵין אָדָם, אֵין עוֹלָם. וְהָאָדָם אֵינוֹ בָּא לְכְלֶל חֲשִׁיבוּת לְהִיוֹת נִמְנֶה בִּכְלָל אֲנָשִׁים, עַד שֻׁיִּהְיָה בָּן עֶשְׂרִים שָׁנָה, וְכֵן אֵין חֶלְקִי נִשְׁמָתוֹ מִשְׁמַּלְמִים בּוֹ, עַד שֻׁיִּהְיָה בָּן עֶשְׂרִים, שְׁנָה, וְכֵן אֵין חֶלְקִי נִשְׁמָתוֹ מִשְׁמָּלִמִים בּוֹ, עַד שֻׁיִּהְיָה בָּן עֶשְׂרִים, כְּנוֹדָע לְּחַכְמֵי הָאֱמֶת.

According to our way of understanding mentioned above, which refers to the first days of Creation, this Mishnah arranges its supports corresponding to the original sixth day of Creation, when Adam was created. It's known that man is the purpose of Creation, that if there were no man, there would be no world. The person does not come to be of any importance to be counted among the people at all, until he is 20 years old. Likewise. the parts

⁹ Ps. 90:10.

¹⁰ Isaiah 51:6.

¹¹ Cf. Eccl. 12:7.

of his soul are not completed within him, until he is 20 years old, as is known to those wise in the truth, i.e., the Kabbalists. 12

וְלָכֵן הַשֵּׁשׁ מַעֲלוֹת—בְּטָהֲרַת הָאָדָם—הָראשׁוֹנוֹת שֶׁבָּאוּ בַּמִּשְׁנָה, הֵן מְכוּוָנוֹת לִימֵי הַבְּריאָה. שֶׁהְרֵי בַּיּוֹם הָראשׁוֹן אַף עַל פִּי שֻׁנְּבָרָ הַשְּׁשׁ מַעֲלוֹת—בְּטָהֲרַת הָאָצִילוּת מְעוֹרָב, וְלֹא נִבְדַּל דָּבָר מִדָּבָר, כְּמוֹ שֻׁבִּירֵשׁ רַשִׁ"י עַל פָּסוּק "יְהִי מְאֹרֹת", כָּל תּוֹלְדוֹת שֻׁמַיִם עָבָּרָץ בּיּוֹם שֶׁנָּגְזַר עָלָיו וְכוּ'. וְכֵן הַנַּעַר, כְּשֶׁקוֹרֵא הַמְּקְרָא אֵינוֹ מֵבִין נָאָרֶץ נִבְרְאוּ בְּיוֹם רִאשׁוֹן, וְאַחָר כָּךְ, כָּל אֶחָד וְאֶחָד נִקְבַּע בַּיּוֹם שֶׁנָגְזַר עָלָיו וְכוּ'. וְכֵן הַנַּעַר, כְּשֶׁקוֹרֵא הַמְּקְרָא. וְאֵינוֹ מַבְחִן הְשִׁשׁ שָׁנִים לִמְּקְרָא.

Therefore, the first six degrees—in the purity of man—the first ones that came in the Mishnah, are directed at the days of Creation. After all, on the first day, even though the light was created on it, the Atzilut ("the world of emanation") was mixed and there was no separation of one element from another, as Rashi explained on the verse, "Let there be lights in the expanse of the sky to separate day from night, all generations of heaven and earth were created on the first day, but each of them was set [in its place] on that day when it was so commanded. So too with the youth, when he reads the Bible, he does not understand and does not distinguish, for "An empty man will get understanding, when the colt of a wild ass is born as a man. The written Torah needs the oral Torah, and this is the meaning of at five years old the study of Scripture, a 5-year-old will start with the Scripture, but a deeper understanding won't come until he is older and begins to learn the Talmud.

בּשֵׁנִל "יְהִי רָקִיעַ בְּתוֹךְ הַמָּיִם וִיהִי מַבְדִּיל בֵּין מַיִם לָמָיִם" כְּמוֹ שֶׁכַּתָּבוֹ הַמְּפְרְשִׁים, שֶׁנָּתַן סִימָן בְּתוֹךְ הַמַּיִם לְפְעוֹל הַפְּעוּלוֹת בָּהֶם, כְּאָדָם הַבּוֹנָה חַרְבָּה, וְהוּא מְסַמֵּן, זוֹ חֶדֶר וְזוֹ עֲלִיַּה. וְאַף כָּאן בְּלִימוּד הַמִּשְׁנָה, יֵשׁ לוֹ סִימָנִים לְבִיאוּר הַמִּקְרָא לְגוּף הַהָּלָכוֹת, אֲבָל עְדַיִין אֵינוֹ יוֹדֵעַ הַדְּבָרִים עַל בּוּרְיָין, שֶׁהָעוֹסְקִים בַּמִּשְׁנָה אֵינָה מִדָּה טוֹבָה כְּמוֹ הַמַּלְמוּד, שָׁאִי אֶפְשָׁר לְהוֹרוֹת הַלָכָה מִן הַמִּשְׁנָה. וָזָהוּ בָּן עֶשֶׂר לִמִּשְׁנָה.

On the second day of Creation, "G-d said, 'Let there be an expanse in the midst of the water, that it may separate water from water.' "¹⁷ This is as the commentators wrote, "that it gave a sign in the midst of the water to initiate an activity with them, like a man who builds a ruin, and he marks, this is a room and this is an attic."¹⁸ Even here, in the study of the Mishnah, he has signs for the clarification of the Scripture for the body of the halachot, but still doesn't know all the matters in their totality, for engaging with the Mishnah is not a good trait such as engaging with the Talmud, for it is impossible to teach halacha from the Mishnah. This is the meaning of "at 10 years old, the study of Mishnah."

¹² Ma'avor Yavok, Imrei No'a, chapter 10.

¹³ Rabbeinu Bahya on Gen. 2:7.

¹⁴ Gen. 1:14.

¹⁵ Rashi on Gen. 1:14.

¹⁶ Job 11:12.

¹⁷ Gen. 1:6.

¹⁸ Rabbeinu Bahya on Gen. 2:7.

בּשְׁלִּישִׁי נִתְגַּלֵּית הָאָרֶץ וְנִצְטִיִּירָה, שֶׁנֶּאֱמַר "וְתַרָאָה הַיַּבֶּשָׁה". וְאַף הָאָדָם הַזֶּה בֶּן שְׁלוֹשׁ שֶשְׁרֵה שָׁנָה לַמִּצְוֹת, שֶׁהֵן מְכוּוָנוֹת לֹאָדֶם הַזָּה. לָאֵיבַרִיו וְגִידִיו, שֵׁנִצְטַיִּירוּ בָּאָדָם הַזָּה.

On the third day of Creation, the earth was revealed and created, as it is said, "Let the water below the sky be gathered into one area, that the dry land may appear." Even this person, "at 13 years old, is subject to the commandments," for they are directed to his limbs and sinews, which was created in this person.

בָּרְבִּרֹעִּיֹ "יְהִי מְאֹרֹת". וְהוּא כֵּן חֲמֵשׁ עֶשְׁרֵה שֶׁנָה לְתַלְמוּד, שֶׁהוּא מֵאִיר עֵינָיו שֶׁל אָדָם בַּתּוֹרָה, וְהַנְּשֶׁמָה שֶׁנַּקְרֵאת "אוֹר", מִשְׁתַּעֲשַׁעַת בָּאוֹר הַפָּלְפּוּל שֵׁל הַתַּלְמוּד.

On the fourth day of Creation, "G-d said, 'Let there be lights in the expanse of the sky to separate day from night; they shall serve as signs for the set times—the days and the years." This is likewise the meaning of, "at 15 years old, the study of Talmud," for it brightens the eyes of man in Torah, and the soul—which is called "light"—delights in the light of the debate of the Talmud.

בַּחַבִּרֹשִׁי כְּתִיב "פָּרוּ וּרְבוּ", וּבֶּן שְׁמוֹנֶה עֶשְׂרֵה לַחוּפָּה.

On the fifth day of Creation, "G-d blessed them, saying, 'Be fertile and increase, fill the waters in the seas, and let the birds increase on the earth." This is the meaning of, "at 18 years old, the bridal canopy."

בּשִׁשִׁיּ נִבְרָא אָדָם, וְאִיתָא בִּבְרֵאשִׁית רַבָּה עַל פָּסוּק "עָפָר מִן־הָאֲדָמָה", אָדָם וְחַוָּה, כִּבְנֵי עֶשְׂרִים שָׁנָה נִבְרְאוּ. וְזֶהוּ בֶּן עֶשְׂרִים לְרָדּוֹף, דְּהַיִינוּ לִרְדּוֹף אָחַר הַמִּצְוֹת, כִּדְאִיתָא בְּסוֹף שַׁבָּת, הַאִי מֵאן דּבְמַעֲלֵי שַׁבָּתָא, יְהֵא גְּבַר חַזְרָן בְּמִצְוֹת.

On the sixth day of Creation, man was created, and it is brought in Gen. Rabbah on the verse, "The L-rd G-d created man from the dust of the earth:"²² "Adam and Eve, were created around 20 years old."²³ This is the meaning of "at 20 years old, for pursuit [of livelihood]," which is to pursue after the mitzvot, as is brought at the end of tractate Shabbat: "One who was born on the sixth day of the week will be a seeker. Rav Nachman bar Yitzchak said he will seek out mitzvot [as people are busy in Friday preparing for the Sabbath]."²⁴

¹⁹ Gen. 1:9.

²⁰ Gen. 1:14.

²¹ Gen. 1:22.

²² Gen. 2:7.

²³ Gen. Rabbah 14:7.

²⁴ Shabbat 156a.

ָועוֹד בָּכַמַה פַּנִים פֶּירְשׁוּהוּ הַמִּפַרְשִׁים, וְאֵלוּ וְאֵלוּ דָבַרִי אֵלהִים חַיִּים.

Also, the commentators interpret in other ways, and all these are words of the Living G-d.

ָהָאֱמֶת הוּא שֶׁבֶּן עֲשִׂרִים שָׁנָה יוֹצֵא צָבָא בִּיִשְׂרָאֵל, וּלְפִי שֶׁבְּשֶׁבַע מִדּוֹת שֻׁמַנוּ לַחֲכַמִים, יֵשׁ בִּכְלַלַן הַכּּחַ, וְזֵה הַכֹּחַ אֵינוֹ נִיכַּר בָּכַל יָמֵי הַאַדַם, כָּמוֹ הַנּוֹי וָהַעוֹשֶׁר וָכוּ'. לַכַן אַמַר בֵּן שָׁלשִׁים לַכֹּח, שֵׁאָם יִהְיֵה לוֹ הַכֹּחַ בָּהִיוֹת בֵּן שָׁלשִׁים, נְקרֵא שֵׁזַכָה לְמִדָּה זוֹ שֵׁל הַכֹּחַ שֶׁהָיא טוֹבָה לוֹ, כָּמוֹ שֵׁכַּתַב הַמְּדְרָשׁ שָׁמוּאֵל עַל מַתְנִיתִין דְּהַנּוֹי וְהַכֹּחַ, שֵׁכַּמַה מְצִוֹת אִי אֵפְשַׁר לַעֲשׁוֹתַם מִי שֵׁאֵין לוֹ כֹּחַ, וְעִי"ש.

The truth is that a 20-year-old goes out into the army in Israel. According to the seven measures that the sages listed, there is included strength.²⁵ This is the strength that isn't evident in all the days of man, such as beauty and riches, etc. Therefore, he said, "at 30 years old, the peak of strength," for if he has strength at 30 years of age, he is said to have merited this trait of strength, which is good for him. This is as Midrash Shmuel wrote on the Mishnah of beauty and strength, i.e., Pirkei Avot 6:8, that for several of the mitzvot, it's impossible for one who does not have strength to fulfill them, and see there.

וָאַחַר כַּדְ מוֹנָה וָהוֹלֶדְ, בָּן אַרבַּעִים לְבִּינָה וְכוּ', וּכְמוֹ שֶׁבֵּיאַרְנוּ לְמַעְלַה.

Afterwards, he continues counting, "at 40 years old, wisdom;" etc., and as we explained above.

* * *

²⁵ Pirkei Avot 6:8: "Rabbi Shimon ben Menasya said in the name of Rabbi Shimon ben Yochai: Beauty, strength, riches, honor, wisdom, [old age], gray hair, and children are becoming to the righteous, and becoming to the world."