

Tauturu i te pāruru i to'ou 'oire tangata.

I raro ake i te ture, kāre e 'akatika'ia te kai 'ava'ava, me kore ra, te kai 'ava'ava-uira (vape), i roto i te ngā'i 'anga'anga.



Tukuna teta'i 'aka'apa'anga, no runga i te kai-'ava'ava, me kore ra, i te kai-'ava'ava-uira:

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