

白露时节的气候变迁与秋季农事

白露节气标志着夏季的热气逐渐消退，秋季的凉意开始显现。此时，北方昼夜温差明显增大，而南方湿度仍然较高，早晨常常能看到满地的露珠，这也是节气名称的由来——“白露”。在气温方面，日间温暖而夜间凉爽，为人们的生活带来一定的适应性挑战。人们需要关注气温变化，及时增减衣物，尤其是老人和儿童更需注意防寒保暖。

农业方面，白露是秋收和田间管理的重要节点。水稻、玉米和高粱等作物的收割逐渐进入高峰，农民们忙于晒粮、储存和运输。同时，对田间作物进行病虫害检查和防治，也为来年的生产打下基础。果树方面，苹果、梨、柿子等成熟水果需要及时采收，并进行分级、储存或加工，以防霉变和损耗。

白露时节的气候也为秋季蔬菜的种植提供了条件，白菜、菠菜等耐寒作物可以开始移栽或播种。此外，农田的水利设施需进行检查，确保灌溉系统完好，为即将到来的冬季作物生长提供保障。

生活养生方面，白露节气提醒人们顺应自然节律进行调养。饮食以清淡为主，可多食应季水果和谷物，注意润肺、防燥；运动则可适量增加，选择晨练或傍晚散步，既顺应气温变化，也增强身体免疫力。总之，白露不仅是农业生产的重要节气，也提示人们关注健康，提前做好季节性调整。

Climate Changes and Autumn Agricultural Activities during White Dew

The White Dew solar term marks the gradual retreat of summer heat and the arrival of autumn's coolness. In the north, the difference between daytime and nighttime temperatures becomes noticeable, while in the south, humidity remains relatively high, with dew covering the ground in the early morning—hence the name 'White Dew'. Temperatures are warm during the day and cool at night, posing adaptation challenges. People need to adjust clothing accordingly, with special attention for the elderly and children to prevent cold-related issues.

In agriculture, White Dew is a key point for autumn harvest and field management. Harvesting of rice, corn, and sorghum reaches its peak, with farmers busy drying, storing, and transporting grains. Simultaneously, pest and disease control in the fields lays the foundation for next year's production. Fruit trees, including apples, pears, and persimmons, need timely harvesting and grading, storage, or processing to prevent spoilage.

The climate during White Dew also provides favorable conditions for planting autumn vegetables. Cold-resistant crops such as cabbage and spinach can be transplanted or sown. Additionally, irrigation facilities should be inspected to

ensure they are functioning properly, supporting the growth of upcoming winter crops.

From a lifestyle and health perspective, White Dew reminds people to adjust their routines according to natural rhythms. Diets should be light, incorporating seasonal fruits and grains, with attention to nourishing the lungs and preventing dryness. Exercise can be increased moderately, such as morning workouts or evening walks, which align with temperature changes and boost immunity. Overall, White Dew is both an important agricultural period and a reminder for seasonal health management.