

白露时节：秋意初生的人间清欢

白露，是二十四节气中的第十五个节气，通常出现在每年公历的9月7日至9日之间。此时暑气消退，秋意渐浓，清晨草叶上的露珠在阳光下晶莹剔透，仿佛天地间的一层薄纱。古人以“白露”命名，正是因为昼夜温差加大，空气中的水汽遇冷凝结成露，象征着秋天真正的到来。

从气候上看，白露之后，天气由热转凉，北方地区已可感受初秋的清爽，而南方仍带余温，但早晚已有丝丝凉意。民谚有言：“白露身不露，寒露脚不露。”这句话提醒人们，白露时节应注意保暖，尤其是早晚温差较大时，宜添衣防寒。

在古代文人笔下，白露往往带着淡淡的诗意与惆怅。杜甫写道：“白露团甘子，清晨散马蹄。”诗中那一抹露气，仿佛凝结着季节的静谧与乡思。白居易的“白露凝珠滴，青枫叶叶疏”，更是将秋的清涼与寂静描绘得淋漓尽致。白露不仅是气候的转折，更是一种情感的唤起，提醒人们珍惜时光、体察自然。

在饮食方面，白露时节宜“养阴润燥”。秋燥伤肺，因此食疗上可多选用润肺生津的食材，如梨、百合、银耳、蜂蜜、芝麻等。民间有“白露吃番薯，不劳医生嘱”之说，番薯富含膳食纤维与维生素，是养生佳品。此外，喝茶宜温润，可选用菊花茶或乌龙茶，以清热去火，养肝明目。

在养生方面，白露应当顺应“阳消阴长”的自然规律，早睡早起，保证充足的睡眠。晨间锻炼宜选择散步、太极等舒缓活动，不宜过度出汗。秋风渐起之际，也应注意皮肤保湿，适当涂抹润肤膏，以防干裂。

对于现代人而言，白露不仅是一种节气，更是一种生活的节奏提醒。快节奏的城市生活让人容易忽略自然的律动，而节气正好让我们学会“慢下来”，倾听身体的变化，感受季节的更替。白露的清晨，不妨放慢脚步，泡一壶清茶，看露珠闪烁，体会“人间清欢”这四个字的真正含义。

White Dew Season: The Gentle Joy of Early Autumn

White Dew, the fifteenth solar term in the traditional Chinese calendar, falls around September 7th to 9th each year. During this period, the summer heat fades and autumn's coolness begins to settle in. Dew forms on grass and leaves in the early morning, sparkling under the sunlight like a delicate veil. The name 'White Dew' reflects the growing temperature difference between day and night, as vapor condenses into visible dew — a clear sign that autumn has truly arrived.

After White Dew, the weather gradually cools. Northern China begins to feel the freshness of early autumn, while the south still holds some warmth, though mornings and evenings bring a hint of chill. An old saying goes, 'Do not expose yourself during White Dew; keep your feet warm during Cold Dew.' It reminds people to dress appropriately as the temperature difference increases.

In ancient literature, White Dew often carries poetic melancholy. Du Fu once wrote, 'White dew clusters on sweet berries; in the morning, horses tread through it.' Bai Juyi's 'White dew drops as pearls, and maple leaves fall sparsely' evokes the quiet and clarity of autumn. The season is not just a climatic shift but a call to mindfulness — to cherish time and observe nature.

Dietary habits during White Dew focus on 'nourishing yin and moistening dryness.' Since autumn dryness affects the lungs, foods such as pears, lily bulbs, white fungus, honey, and sesame are recommended. Folk wisdom says, 'Eat sweet potatoes during White Dew, and you won't need a doctor's advice.' Warm teas like chrysanthemum or oolong help clear internal heat and brighten the eyes.

For health preservation, follow the rhythm of 'declining yang and rising yin.' Go to bed early, wake up early, and ensure adequate rest. Light morning exercises such as walking or tai chi are ideal. Avoid excessive sweating, and remember to moisturize the skin to prevent dryness and cracking.

In modern life, White Dew serves as more than a seasonal marker — it's a gentle reminder to slow down. Amid the fast pace of cities, reconnecting with the rhythm of nature can be healing. Brew a pot of tea, watch morning dew shimmer, and savor the quiet joy of early autumn — the true meaning of 'simple human happiness.'

白露有诗意：古韵流芳的节气文化

白露时节，天地之间的气息悄然变化。晨露凝珠，秋风微起，万物在这份宁静中展示着不同于盛夏的风姿。对于古人而言，白露不仅是自然的现象，更是一种情感的寄托，是诗文中细腻的季节印记。

《诗经》中早有“蒹葭苍苍，白露为霜”的名句，描绘出白露凝霜的景象，也传达了人对远方恋人的思念。白露的晶莹，在诗人笔下成了情感的象征——清冷、纯粹，又带着淡淡的忧愁。唐代诗人李白写道：“白露收残月，青天净如洗”，用简练的笔触勾勒出秋夜的静谧与清澈，令人神往。

宋人苏轼在《行香子·秋与》中亦有云：“夜凉如水，卧看牵牛织女星。”此时的白露，不再只是自然现象，而成为人与天地沟通的桥梁。文人借白露之景，寄托人生的无常与希望，也在观察自然的过程中，寻找生命的节奏与平衡。

白露节气的到来，意味着秋季养生的开始。古人讲“秋养肺”，认为肺属金，与秋气相应。秋燥之气最易伤肺，故应当多食润燥之品，如梨汤、银耳羹、芝麻糊等，既滋润肺腑，又温养身体。温水漱口、早睡早起，都是顺应天时的生活方式。

在这个节气里，人们也常举行登高赏露、饮桂花酒等习俗，以祈健康平安。民间认为白露露

珠有清凉明目、安神润喉之效，古人甚至有“采白露煮茶”的传统，寓意吸纳天地之清气，修身养心。

如今，虽生活节奏日益加快，但我们依然可以从白露文化中汲取心灵的宁静。白露提醒我们，岁月流转无声，唯有用心感受自然，方能真正理解“天人合一”的东方智慧。当我们在清晨推窗，看到那一层晶莹的露珠时，也许就能感受到诗意生活的温度。

Poetry of White Dew: The Timeless Charm of an Autumn Festival

During the White Dew season, the atmosphere between heaven and earth subtly transforms. Morning dew glistens, autumn breezes stir, and nature displays a tranquil elegance distinct from the vibrancy of summer. To the ancients, White Dew was more than a meteorological event — it was an emotional metaphor and a poetic symbol of time and sentiment.

In the Book of Songs, the line 'Reeds and rushes, white dew becomes frost' paints a vivid picture of autumn dawn and conveys a sense of longing for a distant lover. The dewdrops, in their clarity, became symbols of purity, melancholy, and transience. Li Bai wrote, 'White dew gathers under the fading moon; the blue sky gleams like it's washed,' capturing the serene stillness of an autumn night with just a few strokes.

Su Shi, in his poem 'Autumn Walk,' wrote, 'The night is as cool as water; lying down, I watch the stars of Cowherd and Weaver Girl.' In such verses, White Dew connects humanity with the cosmos — a bridge between nature's rhythm and the poet's reflection on life's impermanence and balance.

With the arrival of White Dew, autumn health preservation begins. In traditional Chinese medicine, the lungs correspond to the metal element and to the autumn season. Since dryness easily harms the lungs, people are advised to eat moistening foods like pear soup, white fungus desserts, and sesame paste. Gentle living — warm water gargles, early rest — aligns the body with the flow of the season.

Customs such as climbing hills to view the dew or drinking osmanthus wine were practiced to promote health and longevity. Folk tradition even speaks of collecting dew to brew tea, symbolizing the absorption of heaven and earth's pure essence.

In today's busy world, the culture of White Dew still offers a quiet refuge. It reminds us that time flows silently and that harmony with nature begins with awareness. When you open your window one morning and see the dew glistening softly, perhaps you too can feel the poetry that lives quietly in everyday life.

白露养生记：在节气中寻找身心的平衡

白露，是秋天的第三个节气。它的到来，意味着炎夏彻底结束，天气由热转凉，露水渐生。古语云：“白露秋分夜，一夜凉一夜。”短短十个字，道尽了节气的变化与自然的节奏。此时的气候，白天仍有阳光温热，夜晚却已带几分寒意，正是养生调理的关键时期。

中医认为，秋属金，主肺。白露时节宜以“养阴润肺”为主，以防秋燥伤身。饮食上应注重清润温和，可多食百合、银耳、芝麻、蜂蜜、秋梨等食物。民间还有“白露吃白梨”的习俗，梨能清热生津，润肺止咳，是秋日天然的药食良方。此外，番薯、山药、莲子粥等也是不错的选择，既能健脾益气，又可养胃安神。

在作息方面，白露之后应顺应“早卧早起，与鸡俱兴”的原则。夜凉易伤阳气，早睡有助于养阴；早起可吸纳清晨的新鲜空气，促进血气流通。运动宜轻柔缓和，散步、太极、八段锦等皆为上选。避免剧烈运动，以免汗出过多、耗伤津液。

白露时节的气候特点，是“燥”与“凉”并存。既要防秋燥，又要防寒气入侵。穿衣应遵循“春捂秋冻”的原则，但“秋冻”并非真冻，而是适度耐寒。尤其老年人、体弱者应注意腰腹保暖，避免感冒。女性可适当饮用红枣桂圆茶，以养血安神、调和气血。

除了身体的调养，心态的平衡同样重要。秋季天高气爽，却也容易让人产生“秋愁”。适当增加户外活动，与朋友交流，保持心情愉悦，是调养“心神”的良方。读书、听音乐、喝茶，都能让心绪平和。正如古人所说：“养生先养心。”

在快节奏的现代生活中，我们更应从节气中寻找平衡。白露提醒我们，自然的变化有其规律，而人亦应随之调节身心。学会顺应四时，懂得取舍与静心，这或许就是白露给予我们的最大启示。

Wellness in White Dew: Finding Balance in the Rhythm of the Seasons

White Dew, the third solar term of autumn, marks the end of summer and the true beginning of cool weather. An old saying goes, 'From White Dew to Autumn Equinox, nights grow cooler each evening.' The season brings crisp air and visible dew — a perfect time for physical and mental adjustment.

According to traditional Chinese medicine, autumn corresponds to the metal element, governing the lungs. During White Dew, the key to wellness is 'nourishing yin and moisturizing the lungs' to prevent dryness. Gentle, moistening foods such as lily bulbs, white fungus, sesame, honey, and autumn pears are recommended. There is even a folk custom of 'eating white pears during White Dew,' as pears clear heat, moisten the lungs, and soothe coughs. Sweet potatoes, yam, and lotus seed porridge are also excellent options for strengthening the spleen and calming the mind.

In daily routine, it is best to 'sleep early and rise early.' The cool nights can harm yang energy, so going to bed earlier helps conserve it. Gentle morning exercises like walking, tai chi, or Baduanjin can improve circulation and enhance vitality. Avoid intense workouts to prevent excessive sweating and fluid loss.

The climate during White Dew is both dry and cool. Thus, one must guard against both dryness and cold. Dressing should follow the saying 'keep warm in spring, endure a little cold in autumn,' though 'endure' here means moderate adaptation, not real exposure. Elderly and frail individuals should especially protect the waist and abdomen. Women may benefit from red date and longan tea to nourish blood and calm the spirit.

Equally important is emotional health. Autumn's serene beauty can also bring melancholy, often called 'autumn sadness.' Engaging in outdoor activities, socializing, reading, listening to music, or enjoying tea can help maintain balance. As the ancients said, 'To nourish life, one must first nourish the heart.'

In today's fast-paced world, the White Dew season reminds us to realign with nature's rhythm. By embracing seasonal change and listening to our bodies, we rediscover equilibrium. To live well with the seasons — that is the quiet wisdom White Dew continues to offer.