

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.'