

# 白露有诗意：古韵流芳的节气文化

白露时节，天地之间的氣息悄然变化。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.