

# 夏至

Xia

Zhi

Xia Zhi: 10<sup>th</sup> Solar Term  
'Summer Solstice'

June 21, 2013

Sun = 90°

**Xia Zhi** occurs this year on June 21 and is known as '**Summer Solstice**'. It is the tenth of the 24 Solar Terms which divide the year into 24 'terms' or seasonal markers. Based on the 360° passage of the Earth around the Sun, each term is 15° which translates into 15 days per term.

**Xia Zhi** begins as the sun reaches the celestial longitude of 90°. It is the peak time of Yang Qi. Some traditions focus on going to sleep later and rising earlier due to the exuberance of Yang Qi. In ancient times the Summer Solstice was a time to escape the heat and worship the gods, often by eating noodles or wonton. There's a saying: "After eating noodles on the summer solstice day, daylight gets shorter day by day".