

小暑

Xiao Shu

Xiao Shu: 11th Solar Term
'Minor Heat'
July 7, 2013
Sun = 105°

Xiao Shu occurs this year on July 7 and is known as '**Minor Heat**'. It is the eleventh 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.

Xiao Shu begins as the sun reaches the celestial longitude of 105°. It is the high time of rainfall and also the time that the fire-worms are flying outdoors. People may feel uneasy and exhausted so it is the time to care for the heart, over joy and grief are both harmful to heart. In dining, pay more attention to abstinence and keep the Five tastes (sour, bitter, sweet, hot, salty) balanced. Avoid any excess that generates heat: alcohol, sweets, exercise.