

# 大暑

Da Shu

Da Shu: 12<sup>th</sup> Solar Term  
'Major Heat'  
July 22, 2013  
Sun = 120°

**Da Shu** occurs this year on July 22 and is known as '**Major Heat**'. It is the twelfth 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.

**Da Shu** begins as the sun reaches the celestial longitude of 120°. It is the hottest, and often rainiest period all year. Heat and moisture can both undermine health. Therefore, arrange work accordingly, especially if outdoors. Pay attention to keeping cool, hydrated and sufficient sleep. In dining, have some herbal porridge to preserve the body and avoid Damp-Heat diseases. Drinking a cup of fresh and cool boiled water is recommended.