

處 暑

Chu

Shu

Chu Shu: 14th Solar Term
'Limit of Heat'
August 23, 2013
Sun = 150°

Chu Shu occurs this year on August 23 and is known as '**Limit of Heat**'. It is the fourteenth 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.

Chu Shu means that the heat has passed. This is a transitional time from hotness to coolness. The weather may not be stable, some days may be quite hot, some may be quite cool. In folk China, people sometimes describe it as the fall tiger being a more cruel tiger. During this time, sufficient rest and high-quality sleeping is important, sleeping at night and noon. In dining, it is better to have some purely-warm food.