

小寒

Xiao Han

Xiao Han: 23th Solar Term
'Minor Cold'
January 5, 2014
Sun = 285°

Xiao Han occurs on January 5th 2014 and is known as '**Minor Cold**'. It is the twenty-third 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 Han, '**Minor Cold**', in China means the coldest time comes. According to the climatic data of China, this is the phase with the lowest temperature. In folk society, people also say the all-year coldness appears in San Jiu (三九-3/9), which roughly lasts from January 9 to January 17. In traditional Chinese medicinal theory, the coldest time is also the highest time of Yin Qi (陰氣). Eat more warm and hot foods to prevent the coldness.