

The 24 Solar Terms

More than 2000 years ago, ancient Chinese people created an overall framework to mark the annual passage of time based on observations of the sun's motion, called "The 24 Solar Terms".

在两千多年以前，中国人通过观察太阳的运动轨迹，创立了二十四节气这个古老而科学的时间制度，称为“二十四节气”。

In the international meteorological field, the 24 solar terms are hailed as "the fifth great invention of China",

在国际气象界，二十四节气被誉为中国“中国第五大发明”。

In 2016, the 24 solar terms were included in the UNESCO's Representative List of the Intangible Cultural Heritage of Humanity.

2016 年，二十四节气被正式列入联合国教科文组织人类非物质文化遗产代表作名录。

The 24 solar terms are Start of Spring, Rain Water, Insects Awaken, Spring Equinox, Clear and Bright, Grain Rain, Start of Summer, Grain Buds, Grain in Ear, Summer Solstice, Minor Heat, Major Heat, Start of Autumn, The End of Heat, White Dew, Autumn Equinox, Cold Dew, Frost's Descent, Start of Winter, Minor Snow, Major Snow, Winter Solstice, Minor Cold and Major Cold.

二十四节气具体包括立春、雨水、惊蛰、春分、清明、谷雨、立夏、小满、芒种、夏至、小暑、大暑、立秋、处暑、白露、秋分、寒露、霜降、立冬、小雪、大雪、冬至、小寒、大寒。

Summer Solstice and Winter Solstice are the two days of the year with the longest and shortest amount of daylight respectively, while Spring Equinox and Autumn Equinox are days with the most balanced amount of daytime and nighttime.

它分别以夏至、冬至作为一年之中白昼最长、最短的时间点，以春分、秋分作为昼夜最平衡的点。

Through these four points, a year is divided to four parts: Spring, Summer, Autumn, and Winter.

通过这四个时间点，一年分为四个部分：春夏秋冬。

In ancient times, this system not only guided agricultural production, instructing

farmers to expect the changes in temperature, spring planting and autumn harvest but also directed Chinese folk customs.

古时，这套时间制度不仅是农业生产的指南针，指导农民预测冷暖、春种秋收，还是民俗文化的风向标。

For example, Winter Solstice was the first one coined among the 24 solar terms, and later evolved into a festival to worship Heaven and ancestors.

例如，冬至是二十四节气中最早被制订的一个，后来逐渐演变成祭天祭祖的节日。

Every year at Winter Solstice, emperors of the Ming and Qing dynasties(1368-1912) would go to the Temple of Heaven to hold a ceremony to worship Heaven, praying for good weather for their crops, and peace and prosperity for the country.

在明清时期（公元 1368 年—1912 年），每逢冬至，皇帝便到天坛举行祭天大典，祈求来年风调雨顺，国泰民安。

Nowadays, the 24 solar terms could not only be applied to farming, but also guide Chinese in everyday life.

现在，二十四节气早已超越传统的农耕生活，深入到中国人的衣食住行。

They remind people to adapt to the changes in the seasons through suitable foods and cultural rituals.

它通过特殊的节令食物和文化仪式，提示人们顺应季节的交替。

Seasonal customs are still the rage, such as eating spring pancakes at Start of Spring, sweeping ancestors' tombs at Qingming, gaining weight to keep warm at Start of Autumn and eating nutritious food to store energy at Start of Winter. They have actually become indispensable rituals in Chinese life.

节气饮食习俗依然流行，像立春日吃春饼、清明日扫墓踏青、立秋时贴秋膘，立冬补冬等鲜活的节气依然流行，成为了中国人生活中不可缺少的仪式感。

With the deepening of people's understanding of traditional culture, cultural products inspired by the 24 solar terms have emerged, including creative cuisines and designs.

随着人们对传统文化的认知不断加深，以二十四节气为灵感的美食菜品，创意设计等文化产品层出不穷。

This ancient time system has gained new charm and vitality in the new era.

这个古老的时间制度在新时代焕发出新的魅力和生机。

The 24 solar terms are a common cognitive system among Chinese. It reflects the emotional bond, the wisdom and creativity of the Chinese, who respect and live in harmony with nature.

对中国人来说，二十四节气是一个共同的认知体系，体现的是一种集体认同的情感纽带，体现的是中国人尊重自然，与自然和谐相处的智慧和创造力。

It has a profound impact on the way people think and their codes of conduct.

它深刻影响着中国人的思维方式和行为准则。

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