

《立夏这天你斗蛋了吗？关于立夏，你不可不知的5个习俗》

The traditional Chinese lunar calendar divides the year into 24 solar terms. Start of Summer (Chinese: 立夏), the 7th term of the year, begins on May 5 and ends on May 21 this year.

我国传统农历将一年划分为24个节气。立夏是一年中的第七个节气，几年立夏始于5月5日，终于5月21日。

Start of Summer signals the transition of seasons. On this day, the sun's rays reach an angle of 45 degrees to the earth. The temperature will rise quickly during this period, yet in northern China weather remains mild, not tropical.

立夏是季节交替的信号。立夏这一天，太阳光线和地球形成45度角。立夏期间，温度会急剧上升，然而，在中国北部，天气依然温和，并不热。

Here are five things to learn about the Start of Summer.

关于立夏，这里有5件事可以学习。

Greeting Start of Summer

迎夏

The term Start of Summer was originated at the end of the Warring States Period (239BC). Since it is a crucial time for the harvest of summer crops such as wheat and canola, ancient Chinese emperors in different dynasties attached great importance to the

Start of Summer.

“立夏”一词始于战国末期（公元前239年）。由于这是夏季收获庄稼，作为小麦、油菜等夏收作物收获的关键时期，中国古代历代皇帝都对立夏高度重视。

In the Zhou Dynasty (1050-221 BC), the emperor led his officials to stage a welcome rite for the Start of Summer and encouraged his residents to seize the key time to do farm work. It's said that most of the decorations were arranged in the color red, including the emperor and the officials' dress, the jade pendants, the horses and the flags, in order to show respect to the god of summer and pray for a good harvest.

周朝（公元前1505-221年）时期，立夏这一天，皇帝会率领官员举行迎夏仪式，鼓励百姓抓住这一关键时刻农耕。据说，这天的物品大多数都要装饰成红色，包括皇帝和官员的服装、玉佩、马匹和旗帜，以示对夏神的尊敬和对丰收的祈求。



Checking one's weight

秤人

The custom of weighing people at the Start of Summer originated from the Three Kingdoms Period (220-180) and prevails in South China today. It was believed this practice would bring health and good luck to the people weighted.

立夏秤人这一习俗始于三国时期（公元220-180年），现在在我国南方依然盛行。人们相信秤人可以给被秤的人带来健康和好运。

After lunch on the day of Start of Summer, people would suspend a stool or basket from a beam. The young and old took turns to get weighed while the person calculating the weight would offer good wishes and auspicious words. It is said those who were weighed would stay healthy in the hot summer and those who weren't would suffer illness.

立夏饭后，人们会在秤钩处悬挂一条凳子或者一个篮子。幼童和老人轮流称重，称重的人会说一些祝愿吉祥的话。据说，那些称重的人整个酷暑都会健健康康，而那些没有称重的人会生病。

Eating eggs

吃蛋

In ancient China, people believed a round egg symbolized a happy life and eating eggs on the day of Start of Summer was a prayer for good health. They put leftover tea into boiled water together with eggs and the original "tea egg" was created. Later people improved cooking methods and added spices to the eggs to make them taste delicious. Today tea egg has become a traditional snack in China.

在中国古代，人们相信圆溜溜的鸡蛋预示着着圆满幸福的生活，立夏吃蛋是对身体健康的祈祷。他们将吃剩的茶叶和鸡蛋一起放入滚开水里面煮，这也是“茶叶蛋”的起源。后来，人们改善了鸡蛋的烹饪方法，加入了一些辛香料让鸡蛋吃起来更加美味。现在，茶叶蛋已经成为了我国的一种传统小吃。

Egg Competitions

斗蛋

As an old Chinese saying goes "hanging an egg on children's chest can prevent them from getting summer diseases", parents will prepare boiled eggs and put them in a knitted bag before hanging them on their child's chest.

正如中国一句老话所言，“立夏胸挂蛋，孩子不疰夏”，父母会准备煮好的鸡蛋，将鸡蛋放在编织袋里，并挂在孩子的胸前。

When at school, children gather together to play egg competitions by colliding each other's eggs in pairs and the one whose egg is not broken wins.

在学校里，孩子们会聚在一起玩斗蛋，两两撞蛋，蛋没被撞破者赢。

Take care of the heart

护心

According to Chinese traditional medicine, Start of Summer is a key time to moisten the heart. When the weather grows hotter dampness and heat can affect human health. Food rich in vitamins and cool in nature is highly recommended. Vegetables, such as cucumber, tomato, watercress and celery and fruits that include watermelon, pear and strawberry are top recommendations.

按照中医的说法，立夏是养心的关键时期。因为天气湿热更重，而暑热会影响人的身体健康。这个时候，强烈推荐食用富含维生素和凉性的食物。黄瓜、土豆、水芥菜、旱芹等蔬菜和西瓜、梨、草莓等水果是首选。