



Insects Awakening

吴

二十四节气中的第3个节气，太阳到达黄经345度时为惊蛰。惊蛰的意思是天气回暖，春雷始鸣，惊醒蛰伏于地下的冬眠动物。

惊蛰前后各地天气已开始转暖，雨水渐多，大部分地区都已进入了春耕。



惊蛰已至，大地回春
那些熬过了冬天的生灵们
终将在轰鸣的雷声中
迎来新生



微雨众卉新，
一雷惊蛰始。
田家几日闲，
耕种从此起。



- Insects Awakening (Chinese: 惊蛰) is the third of 24 solar terms. It falls on March 5 and ends on March 19 this year. Hibernation is the state that animals go into a deep sleep for the whole winter. Insects Awakening means that spring thunder awakens the hibernating animals. During this period, temperature rises, it rains increasingly and the creatures on the earth begin to come back to life.



- 惊蛰是中国传统二十四节气中的第三个节气。今年的惊蛰从3月5日开始，在3月19日结束。蛰，是指动物入冬蛰伏土中的冬眠状态。惊蛰，即天上的雷声惊醒了沉睡的万物。此时阳气上升，气温回暖，春雷乍动，雨水增多，万物生机盎然！



一候·桃始华

桃，**果名**，**花色红**，是月始开
这一月起，桃花开始陆续绽放



二候·仓庚鸣

庚，也作：鷦，指黄鹂

黄鹂鸟感受到阳春的清新一气息
故而开始出来活动



三候：鹰化为鸠

在惊蛰节气前后

老鹰开始悄悄躲起来繁殖
而原本蛰伏的鸽子

开始鸣叫求偶引人注意

古人便误以为老鹰变成了鸽子





- **Spring thunder cracks the sky** （春雷彻响天际）
- Spring thunder is most noticeable during Insects Awakening. An old Chinese saying goes: "If the first spring thunder crashes before Insects Awakening, there will be abnormal weather that year." Insects Awakening falls after the end of winter and before the beginning of spring. Wind during this period is an important factor in weather forecasting.



一雷惊蛰始
微雨众卉新

惊蛰

二月節。
萬物出乎震，
震爲雷，故曰惊蛰





- 惊蛰节气最显著的特征就是春雷响起。在中国有句古话：“未过惊蛰先打雷，四十九天云不开。”惊蛰往往介于冬末春初之间。惊蛰期间的风也是预测后期天气的一个重要依据。



三月五日

惊蛰

惊蛰节到闻雷声，
震醒蛰伏越冬虫。



- Modern meteorological science shows that around Insects Awakening, the earth becomes humid and the hot air near the surface rises; meanwhile, the hot humid air from the north is strong and creates frequent winds. For this reason, thunder occurs in this period. In China, it covers a large range of latitudes from north to south, so the first spring thunder appears at different times in different areas.





惊蛰日



雷动风行雨润苗新
万物复苏生机重现

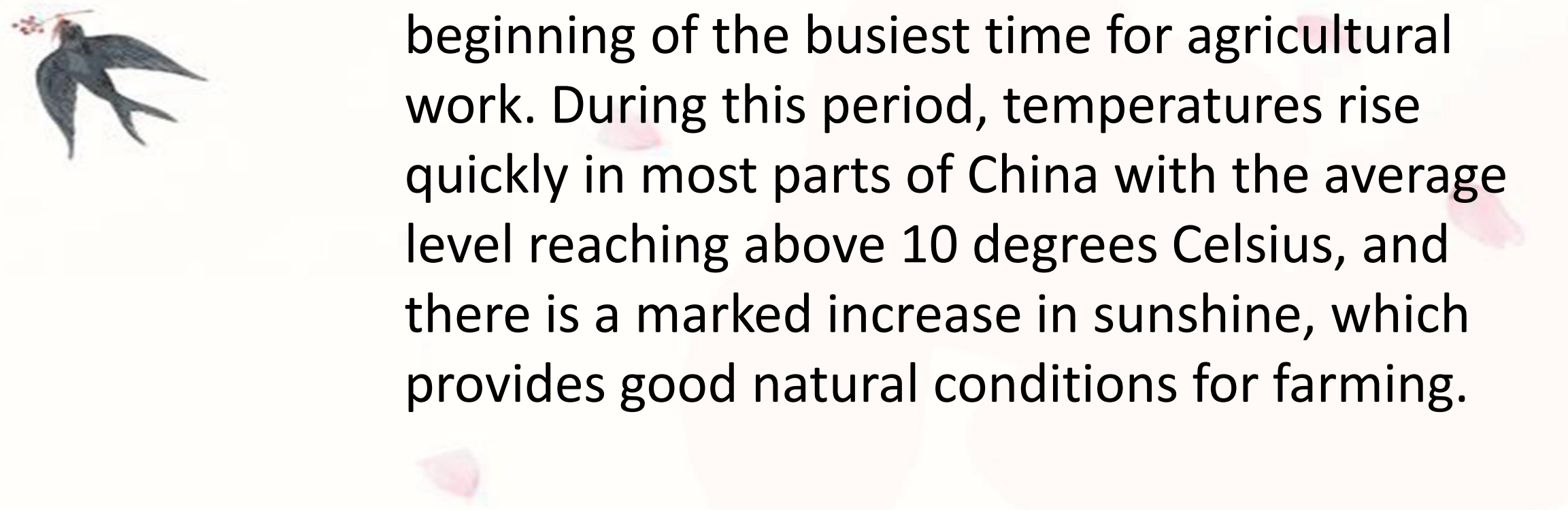


节气习俗

- Spring ploughing 春耕
- Offering sacrifices to the white tiger
祭白虎化解是非
- Beating "villains" 打小人
- Eating pears 惊蛰吃梨



Spring ploughing 春耕

- Insects Awakening is an extremely important time for farmers and is widely regarded as the beginning of the busiest time for agricultural work. During this period, temperatures rise quickly in most parts of China with the average level reaching above 10 degrees Celsius, and there is a marked increase in sunshine, which provides good natural conditions for farming.
- 

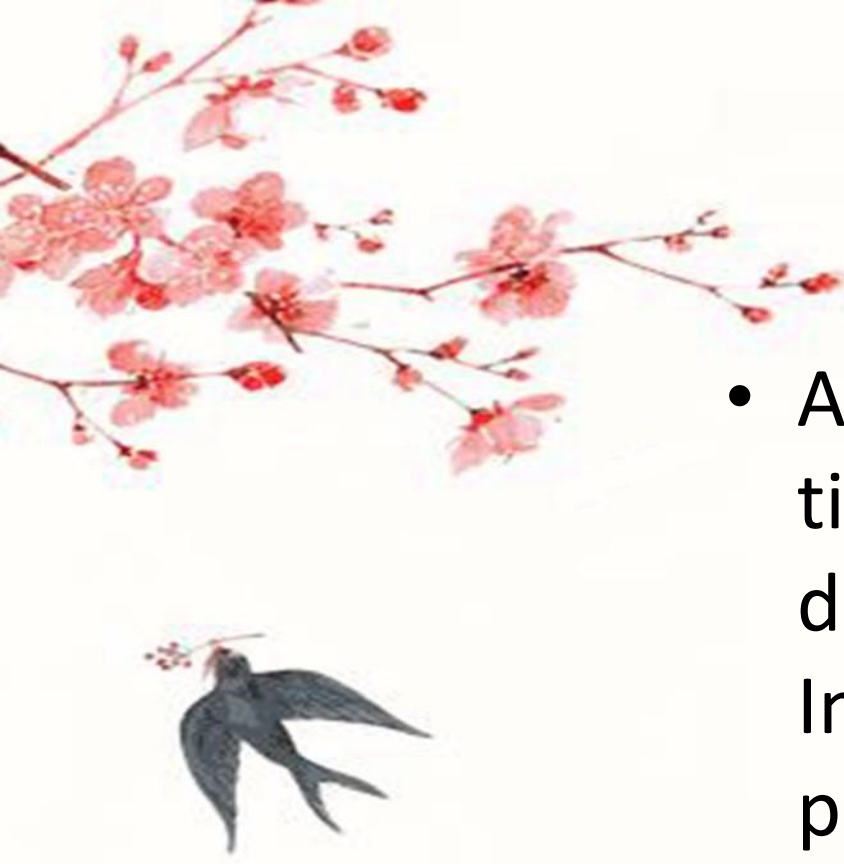


- 对农民来说，惊蛰是非常重要的一个节气，它被广泛视为一年农忙的开始。中国大部分地区气温在此期间上升最快，平均气温达到10摄氏度以上，并且光照明显增强，为春耕提供了良好的自然条件。



- Old Chinese sayings, such as "Once the Insects Awakening comes, spring ploughing never rests", reveal the importance of this term to farmers.
- 古谚说"过了惊蛰节，春耕不能歇"，显示了这个节气对农民的重要性





Offering sacrifices to the white tiger

祭白虎化解是非

- According to ancient Chinese folklore, a white tiger is the creature that brings quarrels and disputes. It always begins hunting during the Insects Awakening, and sometimes bites people. It is said that if someone was bitten by a white tiger, it will bring obstructions and bad luck in their lives. Therefore, people offer sacrifices to the white tiger during the Insects Awakening to protect themselves.



- 中国的民间传说白虎是口舌、是非之神，每年都会在这天出来觅食，开口噬人，犯之则在这年之内，常遭邪恶小人对你兴风作浪，阻挠你的前程发展，引致百般不顺。因此，大家为避免厄运与冲突，便在惊蛰那天祭白虎，是一个流传已久的古老习俗。
- While practising this old custom, people draw the white tiger on paper, and then smear pig's blood and pork on its mouth, which means the tiger is fed so that it would not bite people, avoiding bad luck and conflict.



- 所谓祭白虎，是指拜祭用纸绘制的白老虎，纸老虎一般为黄色黑斑纹，口角画有一对獠牙。拜祭时，需以肥猪血喂之，使其吃饱后不再出口伤人，继而以生猪肉抹在纸老虎的嘴上，使之充满油水，不能张口说人是非。



Beating "villains" 打小人

- "Villain" hitting originated in the Tang Dynasty (618-907) and it's a folk ritual in Guangdong and Hong Kong. The custom is practiced during Insects Awakening to expel the "villain" and bring good luck. People often assign a specific "witch" (usually an elderly woman) to "beat the villains". Paper-cuttings in the shape of humans are used as "villains" in their lives and the "witch" would use shoes or other tools to hit the paper to expel bad luck.
- 



- 打“小人”起源于唐代(618-907年)，它是起源于广东、香港民间的巫术仪祀仪式。惊蛰驱逐“小人”，会带来好运。人们经常指派特定的“女巫”(通常是一位老年妇女)去“打小人”。他们用剪纸剪出人类的形状，代表生活中的“小人”，“女巫”会用鞋子或其他工具去打“纸小人”，驱逐厄运。



- In Hong Kong, the Swan neck bridge between Causeway Bay and Wan Chai has become a popular place for people to beat villains.
- 在香港，铜锣湾及湾仔之间的鹅颈桥成为了打小人的热门圣地。

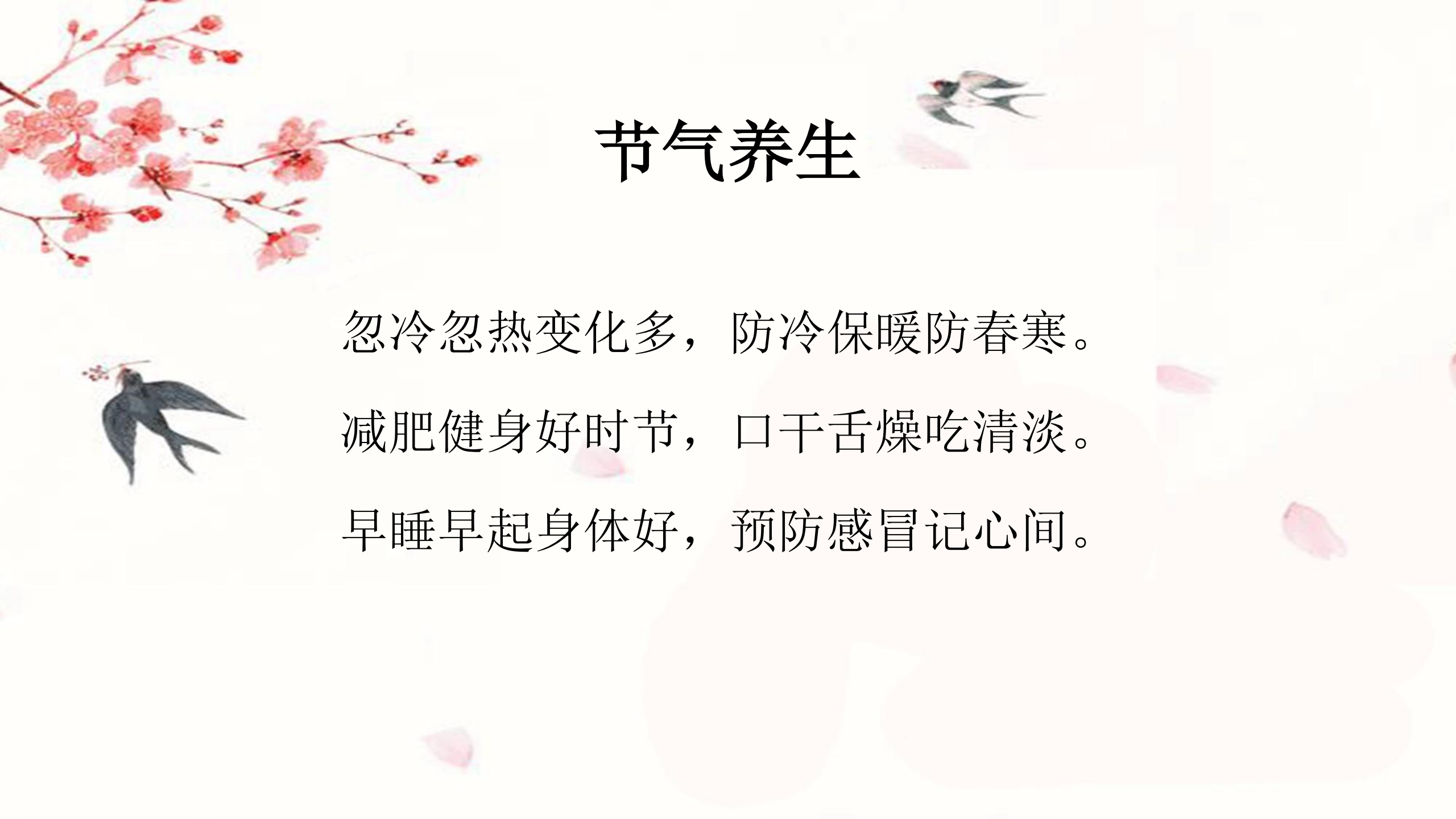


Eating pears 惊蛰吃梨

- Eating pears around Insects Awakening is a widely-practiced custom in China. As the weather gets warmer and the air becomes dry, people tend to feel their mouths are parched and tongues are dry, which can cause colds or coughs. A pear is sweet, juicy and cold, moistening the lungs to arrest a cough. Therefore, pears are highly recommended during the Insects Awakening.



- 我国民间素有惊蛰日吃梨的习俗。惊蛰吃梨源于何时，无迹可寻。惊蛰后气温明显升高，人们容易口干舌燥、外感咳嗽。梨味甘，多汁，性寒，有润肺止咳的功效。因此，惊蛰时节应多吃梨。

The background features a light pink wash with scattered cherry blossom petals. In the top left corner, there is a branch with red cherry blossoms. In the top right, a small bird is in flight. On the left side, there is a larger illustration of a swallow bird in flight, facing left.

节气养生

忽冷忽热变化多，防冷保暖防春寒。

减肥健身好时节，口干舌燥吃清淡。

早睡早起身体好，预防感冒记心间。