

# 小暑诗词里的“炙热”与“清凉”

## ◎ 节令之美

7月7日我们迎来了小暑节气,此时节,有一个特别的节点,就是入伏。入伏后,潮湿闷热的天气让人总感到身上黏黏糊糊的,很不舒服。在古代,没有电扇、空调等制冷设备,古人们是如何描述暑热?又是如何表达消暑纳凉的呢?让我们一起走进小暑诗词,寻一寻答案。

虽然只是个“小”字,但跟“暑”组合,就意味着躲不开的炎热。

在唐代诗人王维眼中,这种酷热不仅让人难熬,自然万物也无不遭殃,他在《苦热行》中写道:“赤日满天地,火云成山岳。草木尽焦卷,川泽皆竭涸。”

面对暑热,南宋诗人陆游在《苦热》中也描述了那种被“汗蒸”、被“桑拿”的感觉,“万瓦鳞鳞若火龙,日车不动汗珠融。无因羽翮氛埃外,坐觉蒸炊釜甑中。”

同样是表达“热得仿佛在蒸笼里”,南宋诗人戴复古形容的则更甚一层:“天地一大窑,阳炭烹六

月。万物此陶熔,人何怨炎热。”

热!那如何消暑纳凉?翻阅古人描绘小暑的诗词,多为雨后、荷间、夜风中、明月下偶得清凉的快意,如“荷风送香气,竹露滴清响。”“眼前无长物,窗下有清风。”等。

为了消暑,古人也是绞尽脑汁,“研发”出很多“神器”,如扇子、冷饮、冰鉴、瓷枕、凉簟(凉席)等,这些“神器”在诗词中也有所体现,如“薄纱厨,轻羽扇。枕冷簟凉深院。”等。

最被文人雅士所推崇的还是

“心静自然凉”这五字箴言。“热散由心静,凉生为室空。”唐代诗人白居易道出了“心静自然凉”的真谛,告诉世人要保持平和的心态,不要受外界的干扰,心闲静则身觉凉。

小暑来了,“三伏”大幕即将开启,面对卷天席地的滚滚热浪,夏日的清凉不见得在密林之中,而在内心深处。暑热不可避,人心却能静,沏上一壶新茶,手捧一本诗集,观日升日落,看云卷云舒。

(据新华社报道)

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