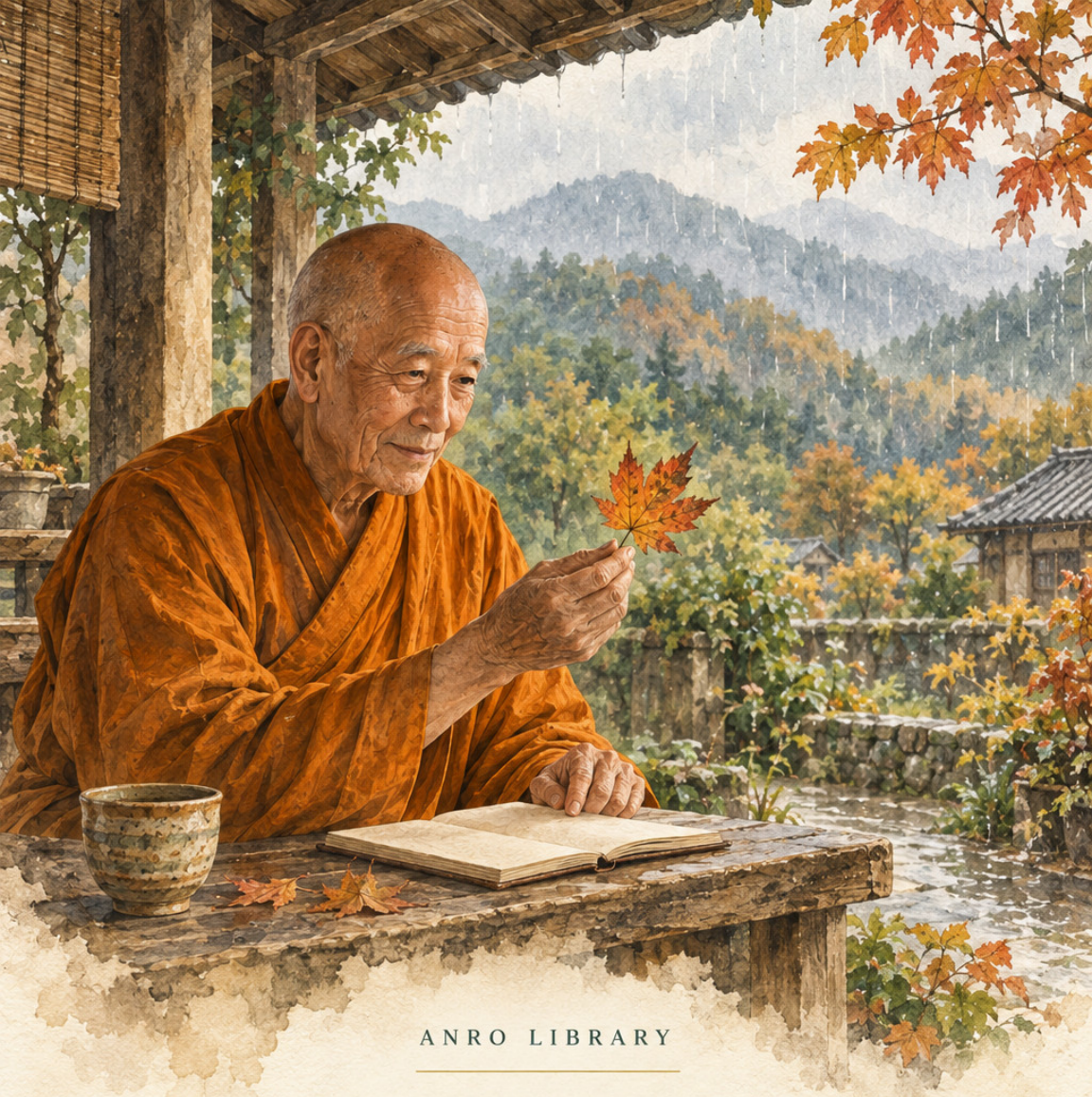


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A House in Changing Weather

Seasonal Observation and the Roots of Chinese Medicine

Anro

1. Describe the weather before naming the season

The calendar leaf

A person changes the calendar and begins putting away light clothing. The next week is hotter than the last. They spend several mornings retrieving what they packed, annoyed that the weather is not cooperating with the change they thought had happened.

The calendar was accurate about the date. It was not an observation of the room, street, or body. The inconvenience came from asking one kind of information to perform another kind of work.

A season can be a useful shared name. It can also conceal local differences. Begin by describing what is happening before deciding how a seasonal name should guide your day.

Make a short local description

Choose a safe, accessible place you already pass: a window, doorway, covered walkway, or view from a seat. Notice three details. They might concern light, temperature as ordinarily experienced, wind, rain, ground conditions, or what people are doing to use the space.

You can consider this silently. The page below is an optional way to organize the question; imagining one example is enough.

Write specific words. “Bright light reaches the left side of the table after lunch” gives you a location and an occasion. “Everything feels autumnal” may express a mood but does not help you decide where to sit. Keep the mood if it matters; place it beside the observation rather than using it as a substitute.

You do not need special instruments. If you use a weather report, record that it is reported information and check an authoritative local source when safety matters. Do not infer safe conditions from a pleasing view. Heat, poor air quality, storms, and cold can require practical guidance beyond a notebook exercise.

Visit the same view again

Return at a different time of day or on another day. Notice what changed and what remained. The point is not to prove that everything changes. It is to learn which details matter for an activity you actually do.

Perhaps glare is a morning problem but not an afternoon one. Perhaps a sheltered entrance becomes wet when wind comes from a certain direction. Perhaps the sound you associated with a time of day was a one-time repair. A second observation can correct an attractive first story.

If looking outside is not possible, choose an indoor detail: the movement of light across a wall, the sound of a shared corridor, or when a room becomes crowded. Your fieldbook concerns conditions you can encounter, not an ideal version of nature you must travel to find.

Choose a decision small enough for the evidence

After two or three observations, make one modest decision. Move a reading task to a less glaring place. Keep a frequently used item where it is dry. Check the forecast before a planned journey. Avoid larger conclusions than the notes can support.

A few pleasant mornings do not justify changing a medical routine. One uncomfortable room does not reveal your constitutional type. The scale of a decision should fit the information available and the cost of being wrong.

A finished field entry

A useful entry can be four lines: place, occasion, observed detail, and next choice. Add “uncertain” where needed. For example: “Desk by west window. After lunch, two days. Light reflected on the screen. Try the side table tomorrow; not yet sure whether it is comfortable for longer work.”

The uncertainty makes the entry more usable. It tells you what the next observation is for. A fieldbook does not become wise by sounding conclusive.

THINK IT THROUGH

1. Describe the weather before naming the season

A quiet reflection. Nothing to write, draw or complete.



RETURN TO THE CHAPTER

A person changes the calendar and begins putting away light clothing. The next week is hotter than the last. They spend several mornings retrieving what they packed, annoyed that the weather is not cooperating with the change they thought had happened.

CONSIDER, WITHOUT RUSHING TO AN ANSWER

What can you actually observe about the room today?

Which seasonal label might obscure that detail?

Let one distinction stay with you. You can leave the rest open.