

The Orphan

The world is not a nice place, and horrible things frequently happen to people's families. Deaths from sickness or deprivation, by being eaten by large nasty predators or murdered by warlike rival tribes or even fluke accidents are fairly common, and as a result many children are left as orphans.

Many don't survive, and those that do are often left completely alone in the wilderness, forced to rely on their own wits to survive. Often, they become somewhat feral and wild, abandoning any pretence of civilization and hunting with crude weapons, living day-to-day. However, whilst savage, any feral orphans that survive for very long are honed to a certain brutal competency, and a group which find them and take them in often find them valuable assets.

Orphans are skilled at avoiding attention, and start out with a 5 in 6 chance at Stealth, which does not improve as they gain levels. All orphans are either human or Neanderthal. If they are human children, they have an improved Animalism skill chance, which increases slowly as they level. If they are Neanderthals, they have an improved Foraging skill chance, which increases in the same way.

All orphans also gain certain benefits from being children. Since they are small targets, they treat their Armour Class as one point higher. However, their small



frames reduce their ability to carry heavy loads; reduce all their carrying capacities by 2.

Orphans don't attract tribes like normal people, since their young age and feral nature prevents them really attracting followers. Instead, they roll with Animalism instead of Charm, and can attract animals as their companions. These follow all the usual rules for a tribe, and the orphan can tame further animals normally.

Use table A1 below to see what animals the Orphan has attracted.

Table A: the Orphan

Level	XP	Flesh and Grit Points	Saving Throws				Skill Chance
			Weather	Poison	Hazards	Magic	
1	0	1d4 Flesh and 1d4 grit	12	10	15	14	3/6
2	20	+1 Flesh and +1d4 grit	10	8	13	12	3/6
3	40	+1 Flesh and +1d4 grit	8	6	13	10	3/6
4	80	+1 Flesh and +1d4 grit	8	6	10	10	3/6
5	160	+1 Flesh and +1d4 grit	6	4	10	8	4/6
6	320	+1 Flesh and +1d4 grit	6	4	7	8	4/6
7	640	+1 Flesh and +1d4 grit	4	2	7	6	4/6
8	1280	+1 Flesh and +1d4 grit	4	2	4	6	4/6
9	2560	+1 Flesh and +1d4 grit	2	2	4	4	5/6
10	3840	+2 grit	2	2	2	4	5/6
11	5120	+2 grit	2	2	2	4	5/6
12	6400	+2 grit	2	2	2	4	5/6
13	7680	+2 grit	2	2	2	2	6/6
14	8960	+2 grit	2	2	2	2	6/6
15+	+1280	+2 grit	2	2	2	2	6/6

Table A1 Animal Companions

Roll d6	Animal
1	A jackal or wild dog
2	A wolf
3	A hawk, or other bird of prey
4	A rat, weasel, or other small critter
5	A vulture, or other large bird
6	A deer, goat, horse or other large herbivore

The Wendigo

People sometimes eat each other; in the ice age this is an unfortunate fact of life. Mostly, it's something distasteful, done in an emergency, or else the blood-soaked, reveling excess after a successful inter-tribal skirmish. A few individuals, though, know that there are more possibilities to it than that. By eating another person's flesh, you absorb some measure of their power. In truth, this is a temperamental process. A certain ruthless, ravenous frame of mind is required, and the Wendigo must be entirely deliberate in their actions; there are no 'accidental' Wendigos. Those few individuals who pursue this route find themselves gaining supernatural vigour, and quite quickly display other unnatural abilities as well.

Like a hunter, a Wendigo can use the 'aim', 'fight defensively', 'fight recklessly' and 'go for the kill' combat options without a penalty.

A Wendigo of any level can regain hit points by eating the dead flesh of another person. They don't need to consume the whole body (multiple Wendigos can even share a kill) but only get the benefit once; after the first meal, the only benefit of subsequent meals is a full belly. When they feed in this way, the Wendigo gets back all their lost flesh and grit, purges any normal poisons or diseases from their system, and fixes any injuries, no matter how serious. A Wendigo consuming a person's flesh never has to worry about food poisoning or being driven mad.

Starting at 2nd level, the Wendigo gains the ability to cast a limited number of spells. Unlike other spell-casters, Wendigos are innately familiar with their magic; it is as



much a part of their being as their ability to breathe or walk. The Wendigo knows a set number of spells, and can't learn more from studying sanctums or similar. Each level, they will gain a new spell of the Wendigo's player's choice at a set rank. Each spell they know can be cast exactly once before they need to refresh their abilities with a full night's sleep. Eating a person's flesh also refreshes the Wendigo just as if they'd had a night's sleep. Casting a spell takes the Wendigo a round, as if they had it memorized.

A Wendigo is not a magician. They do not need a sanctum, cannot memorize spells, develop new spells, bind spells into magic items, or similar. They can still, however, use a spell for novel effects (with an Art skill roll and a save against Magic) just like a magician would.

Table B: the Wendigo

Level	XP	Flesh and Grit Points	Saving Throws				Spell Gained
			Weather	Poison	Hazards	Magic	
1	0	1d6 Flesh and 1d6 grit	14	12	15	16	-
2	20	+1 Flesh and +1d6 grit	14	12	15	16	1 st rank
3	40	+1 Flesh and +1d6 grit	14	12	15	16	1 st rank
4	80	+1 Flesh and +1d6 grit	12	10	13	14	1 st rank
5	160	+1 Flesh and +1d6 grit	12	10	13	14	1 st or 2 nd rank
6	320	+1 Flesh and +1d6 grit	12	10	13	14	1 st or 2 nd rank
7	640	+1 Flesh and +1d6 grit	10	8	9	12	1 st or 2 nd rank
8	1280	+1 Flesh and +1d6 grit	10	8	9	12	3 rd rank or less
9	2560	+1 Flesh and +1d6 grit	10	8	9	12	3 rd rank or less
10	3840	+2 grit	8	6	7	10	3 rd rank or less
11	5120	+2 grit	8	6	7	10	4 th rank or less
12	6400	+2 grit	8	6	7	10	4 th rank or less
13	7680	+2 grit	6	4	5	8	5 th rank or less
14	8960	+2 grit	6	4	5	8	5 th rank or less
15+	+1280	+2 grit	6	4	5	8	6 th rank or less

The Aberrant

Whether by inbreeding, slow exposure to mutagens, or magical accidents, some individuals end up physically mutated, their forms warping in odd, unnatural ways. Often, these people will group together, either because their whole family tree is similarly altered, or from seeking out other people afflicted with the same condition. The property of being mutated can be passed down from parent to child, although the unnatural features a mutant child displays may be completely different to those of their parents. It's not unusual for these tribes to develop elaborate systems of taboos around their mutations, hiding them beneath veils and draped clothing, only revealing their nature to their own kind or in dire need.

Most of these people, in the end, resort to the same basic lifestyle. They reclude themselves in small clans in the hidden cracks and corners of the world. Here, they hunt by ambush or laying cunning traps, and mark their the boundaries of their territory with wicked snares and impaled carcasses. When outsiders might find them, the most physically odd are hidden away whilst the more normal-looking members of the clan attempt to hurry them away. In the event that this doesn't work (and it often doesn't), the remainder of the clan have plenty of ways to dispose of unwanted guests with jagged stone knives and strangling-cords.

As suits their skulking, furtive nature, Aberrants start off with a basic Stealth skill chance of 3 in 6, which slowly improves as they gain levels. They will be either a human or a Neanderthal; if they are human they have the same chance at Animalism, while if they are a Neanderthal they have the same chance in Tracking. An Aberrant deals extra damage when they make a surprise attack against an enemy; if the damage would be dealt straight to the enemy's flesh, the Aberrant deals extra damage. In addition, an Aberrant can use



the 'aim', 'fight defensively', 'fight recklessly' and 'go for the kill' combat options without a penalty.

On top of this, all Aberrants have somewhere between one and four unnatural features. When you create your character, choose how many unnatural features you want your Aberrant to have and generate that many random unnatural features for them. If your GM allows non-random character creation (such as letting a Magician pick their spells rather than rolling), you can instead pick a single unnatural feature, and any related details.

Should an Aberrant try to attract a tribe, use table C1 below to determine which followers they might attract. Other than this, their tribes use all the normal rules.

Table C1: the Aberrant's tribe.

Roll d6	Follower
1 or 2	Human mutant (equal chance of being male or female)
3 or 4	Neanderthal mutant (equal chance of being male or female)
5	Child (equal chance of being male or female)
6	A dog (use the rules for jackals)

Table C: the Aberrant

Level	XP	Flesh and Grit Points	Saving Throws				Skill Chance	Bonus Damage
			Weather	Poison	Hazards	Magic		
1	0	1d6 Flesh and 1d6 grit	14	16	15	14	3/6	+1
2	15	+1 Flesh and +1d6 grit	14	16	15	14	3/6	+2
3	30	+1 Flesh and +1d6 grit	14	16	15	14	3/6	+3
4	60	+1 Flesh and +1d6 grit	14	16	15	14	3/6	+4
5	120	+1 Flesh and +1d6 grit	11	12	14	12	4/6	+5
6	240	+1 Flesh and +1d6 grit	11	12	14	12	4/6	+6
7	480	+1 Flesh and +1d6 grit	11	12	14	12	4/6	+7
8	960	+1 Flesh and +1d6 grit	11	12	14	12	4/6	+8
9	1920	+1 Flesh and +1d6 grit	9	10	12	10	5/6	+9
10	2880	+2 grit	9	10	12	10	5/6	+10
11	3840	+2 grit	9	10	12	10	5/6	+10
12	4800	+2 grit	9	10	12	10	5/6	+10
13	5760	+2 grit	7	8	10	8	6/6	+10
14	6720	+2 grit	7	8	10	8	6/6	+10
15+	+960	+2 grit	7	8	10	8	6/6	+10

<i>Neanderthal mutant (a 1st level Abberant)</i>	
Flesh	1d6 (4)
Grit	1d6 (4)
AC	13
Attacks	Club (+0 bonus, 1d8 damage) or Net (use to wrestle at throwing range)
Strength +0, Dexterity +1, Constitution +0, Intelligence -1, Wisdom +1, Charisma -1	
14 vs Weather, 16 vs Poison, 14 vs hazards, 13 vs Magic	
Skills; Stealth 4/6, Tracking 4/6	
Equipment; Gloves, Club, Veil, Sack, Net.	
Abilities; +1 damage on sneak attacks. Thorny skin deals 1d6 damage on a successful unarmed attack or to enemies grappling the mutant.	
Adjectives; Gnarled, Shady, Shrouded, Brutish, Shambling, Scarred, Ragged, Furtive, Odd	

<i>Human mutant (a 1st level Abberant)</i>	
Flesh	1d6 (4)
Grit	1d6 (4)
AC	13
Attacks	Sling (+1 bonus, 1d4-1 damage) or Spear (-1 bonus, 1d6-1 damage)
Strength -1, Dexterity +1, Constitution +0, Intelligence +0, Wisdom +0, Charisma +0	
14 vs Weather, 16 vs Poison, 14 vs hazards, 14 vs Magic	
Skills; Stealth 4/6, Animalism 3/6	
Equipment; Gloves, Sling, 20 Slingstones, Spear, veil.	
Abilities; +1 damage on sneak attacks. Rubbery flesh gives +1 to wrestling rolls and can squeeze through small gaps.	
Adjectives; Wriggling, Slinking, Peering, Foetid, Emaciated, Grasping, Wiry, Pallid, Assymetric	



Morlocks

Hundreds of millennia ago, the lightless depths of the earth were ruled by the now-extinct race of serpent-folk. These beings built huge cities carved from the living rock, lit by pools of glowing magma next to which the serpents basked. Great stone altars marked the centre of each such city, upon-which the priest-kings sacrificed dozens of living victims a day to their horrible gods. Now, though, these cities are empty, the caverns flooded or filled with rubble, with only crumbling ruins and scattered reptilian bones to show that they were inhabited. Although their civilization came to an end, as their society tore itself apart in blood-soaked fury, one remnant of their culture remains.

The serpent-folk bred the slave race known as morlocks from the same ancient apes that went on to become modern humans and Neanderthals. These creatures were artificially raised to full sapience, and altered by the serpent-folk's strange arts to be better suited to servitude. They were made strong and dextrous enough for labour, but not so powerful as to ever pose a threat to their masters if they chose to revolt. Finely-honed senses, to better cope with life in the dark underground, were developed, and the race were made long-lived and resilient to cope with their difficult existence. The morlocks were given a demure, easily-swayed nature, and a few minor magical gifts to better serve their masters. In particular, they had bred into them a peculiar suitability as live sacrifices, and vast numbers of slaves were cut open so that their hearts' blood could be offered to the serpent-folk's hungry gods.

Following the fall of the serpent-folk civilization, a few scattered morlocks survived in the deep underground. Over the millennia, they have adapted themselves to a subterranean existence. These people are now lanky, pale people, lacking any pigmentation in their marble-white skin and hair. Their ears have grown

large and pointed, like those of a bat, and their eyes are wide staring things, completely black since their pupils take up the whole eye. They are fragile, with long limbs and delicate, spider-like fingers, and their diet is adapted to the crawling insects and fungal slimes that can be harvested in the depths.

Being magically created beings, the whole race possess some level of talent with magic. The morlocks record their magic by scarring it into one another's flesh with flint knives or hot brands, and each morlock learns to 'read' these marks by running their fingers over the rough scars. Even in pitch darkness, a morlock is never without their magic. However, the morlock race have little in the way of inventiveness. The entirety of their magic consists of remnants of the serpent-folk's practices, now mostly forgotten and degraded to the level of mere parlour tricks.

Morlock technology is primitive, even compared to that of the surface-dwellers, as they have regressed massively since their time as slaves. They remember nothing of their creators, and have little knowledge of the surface world. They live a simple life, small families of their kind crawling through the lightless passages of the earth in search of food and supplies that they can scavenge.

Occasionally, a band will find their way to the surface world, where the bright daylight and empty void of the sky is initially terrifying to these simple creatures. Those that remain above ground might become acclimatized, but their docile, easily startled nature doesn't prepare them well for encounters with humans and Neanderthals. These strange people are often savagely driven back underground, or else conquered and subjugated by other races. Indeed, many magicians have heard rumours of a subterranean race of magical simpletons, and dearly wish to acquire one as their own slave.

As beings of the deep underground, morlocks start with a basic 2 in 6 chance at Perception, which slowly improves as they gain levels. A morlock can use the 'aim', 'fight defensively', 'fight recklessly' and 'go for the kill' combat options without a penalty.

A morlock can cast spells similarly to a magician. Unlike magicians, morlocks do not use sanctums, and instead use scarification to record their spells on their own flesh. Carving a spell into a morlock's flesh works much like a magician painting the spell onto their sanctum's walls, with the exception that it takes only one turn per spell rank, and rather than requiring magical reagents, the morlock deals 1 damage to their flesh for each rank of spell being recorded. A morlock can translate spells from sanctums or bound into items just like a magician. A morlock's flesh is essentially a small sanctum, so a morlock or Magician able to study it can translate spells from it.

A morlock can make magic items like a human magician, but they cannot use spells in unusual ways or develop spells of their own. morlocks seem to be largely placid beings that lack the ambition and curiosity of human Magicians, and whilst they can learn new spells from others, they don't really have the mindset to develop them for themselves.

The fresh heart of a morlock can always be used in place of any required magical

reagent; morlocks are innately magical beings and were bred for the purpose of ritual sacrifice.

Unlike Magicians, morlocks start of knowing only a single random first-rank spell.



Table D: the Morlock

Level	XP	Flesh and Grit Points	Saving Throws				Perception Skill
			Weather	Poison	Hazards	Magic	
1	0	1d6 Flesh and 1d6 grit	13	12	15	15	2/6
2	30	+1 Flesh and +1d6 grit	13	12	15	15	3/6
3	60	+1 Flesh and +1d6 grit	13	12	15	15	3/6
4	120	+1 Flesh and +1d6 grit	11	10	13	13	4/6
5	240	+1 Flesh and +1d6 grit	11	10	13	13	4/6
6	480	+1 Flesh and +1d6 grit	11	10	13	13	4/6
7	960	+1 Flesh and +1d6 grit	9	8	9	11	5/6
8	1920	+1 Flesh and +1d6 grit	9	8	9	11	5/6
9	3840	+1 Flesh and +1d6 grit	9	8	9	11	5/6
10	5760	+2 grit	7	6	7	9	5/6
11	7680	+2 grit	7	6	7	9	6/6
12	9600	+2 grit	7	6	7	9	6/6
13	11520	+2 grit	5	4	5	7	6/6
14	13440	+2 grit	5	4	5	7	6/6
15+	+1920	+2 grit	5	4	5	7	6/6

Table E; Spells a Morlock can memorize at once

Level	Rank 1	Rank 2	Rank 3	Rank 4	Rank 5	Rank 6	Rank 7	Rank 8
1	1	0	0	0	0	0	0	0
2	2	0	0	0	0	0	0	0
3	3	0	0	0	0	0	0	0
4	3	1	0	0	0	0	0	0
5	3	2	0	0	0	0	0	0
6	3	3	0	0	0	0	0	0
7	3	3	1	0	0	0	0	0
8	3	3	2	0	0	0	0	0
9	3	3	3	1	0	0	0	0
10	3	3	3	2	0	0	0	0
11	3	3	3	2	1	0	0	0
12	3	3	3	2	2	0	0	0
13	3	3	3	2	2	1	0	0
14	3	3	3	2	2	1	1	0
15+	3	3	3	2	2	1	1	1

The Mystic

Humans and their related races (Neanderthals and Morlocks) are not alone in the world. There are other beings, old and alien, that live in the lightless depths of the earth and in the voids between planets. These entities take many forms, from amorphous shapeless horrors, to beings of pure intellect, to creatures that should have perished millions of years ago yet cling on to existence.

These various beings are not, in the strictest sense of the term, gods, but they dearly wish to be, and they crave the sensations of worship and sacrifice. As such, the rise of cultured beings on the earth's surface has attracted their attention, and they blindly grope out with what influence they have, worming their way into the minds of susceptible beings.

This, then, is how the various mystics in the world came to be. Each has the tendrils of some strange entity lodged in their mind like roots penetrating rock. Each mystic is promised fantastic power if they just open themselves up to the worship of their patron, and those that do are suitably rewarded. And, of course, the more the mystic is rewarded, the more their patron coils itself around their mind.

Over time, the patron will warp their followers to better suit its nature. Bizarre codes of behavior appear, which slowly become requirements to sustain the mystic's supernatural gifts. In truth, any would-be divinity requires these things, as veneration quickly becomes addictive, and without it the patron would wither and fade back into obscurity.

Mystics start with a basic 1 in 6 chance at Charm, which slowly improves as they gain levels. A mystic can cast spells, too, but in a very different fashion to a magician. A mystic has a set number of spells known to them. These are all that



their patron is willing to grant them, and they may not learn any more by translating a magician's work or researching them for themselves. Similarly, they may not create magical items. They can still, however, use a spell for novel effects (with an Art skill roll and a save against Magic) just like a magician would.

A mystic has no limit on how often they can cast a spell. Instead, they must spend a round in supplication to their patron, and make a Charm roll to see if the being answers their pleas. If the Charm roll is successful, the spell is cast successfully. If the roll Charm roll fails then roll a d20 on Table F1 to determine what has gone wrong. For any result on Table F1 that requires a sacrifice or offering, the fresh heart of a Morlock can be offered instead.

A mystic starts off knowing two random Rank 1 spells. Based off these rolls, a mystic's player should work with the GM come up with a very rough picture of their patron's nature. As the mystic gains levels, they will learn additional spells; table F states which rank spell is learned at each level; a random spell of this level is learned. As more spells are learned (and results on table G are rolled), a better picture of the Patron will emerge.

Table F; The Mystic

Level	XP	Flesh and Grit Points	Saving Throws				Charm	Spell Gained
			Weather	Poison	Hazards	Magic		
1	0	1d6 Flesh and 1d6 grit	14	11	16	15	1/6	2 1 st rank
2	18	+1 Flesh and +1d6 grit	14	11	16	15	2/6	1 st rank
3	35	+1 Flesh and +1d6 grit	14	11	16	15	3/6	1 st rank
4	70	+1 Flesh and +1d6 grit	14	11	16	15	3/6	2 nd rank
5	140	+1 Flesh and +1d6 grit	12	9	14	12	3/6	2 nd rank
6	280	+1 Flesh and +1d6 grit	12	9	14	12	3/6	2 nd rank
7	560	+1 Flesh and +1d6 grit	12	9	14	12	4/6	3 rd rank
8	1120	+1 Flesh and +1d6 grit	12	9	14	12	4/6	3 rd rank
9	2240	+1 Flesh and +1d6 grit	10	7	12	9	4/6	4 th rank
10	3360	+2 grit	10	7	12	9	4/6	4th rank
11	5600	+2 grit	10	7	12	9	5/6	5 th rank
12	6720	+2 grit	10	7	12	9	5/6	5th rank
13	7840	+2 grit	8	3	8	6	5/6	6 th rank
14	8960	+2 grit	8	3	8	6	5/6	7 th rank
15+	+1120	+2 grit	8	3	8	6	6/6	8 th rank or less

Table F1; The Fickle Whims of the Divine

d20	Result
1	The patron demands a sacrifice of blood; d4 flesh points either from the Mystic or other willing supplicants. The blood does not need to be drawn out all at once. When the sacrifice has been offered, the spell will take effect.
2	The patron demands a sacrifice of a particular animal. The animal will always be one in some way significant to the patron's nature. The patron will always demand the same animal sacrifice. When the sacrifice has been offered, the spell will take effect.
3	The patron demands a sacrifice of five days' worth of food. When the sacrifice has been offered, the spell will take effect.
4	The patron demands that the mystic destroy either a magical item or else a shrine or idol of a rival being. When this has been done, the spell will take effect.
5	The patron demands the sacrifice of either an eye, tooth, tongue or finger taken from a Human, Neanderthal or Morlock victim. When the sacrifice has been offered, the spell will take effect.
6	The patron requires adulation. After a total of 2d6 rounds have been spent singing the patron's praises, the spell will take effect.
7	The patron requires an idol of it be made; an image representing it will be burned into the mystics mind. When an idol has been made and consecrated, the spell will take effect. The mystic can cast no other spells until this is done.
8	The patron requires a show of faith from the mystic; they must travel to some nearby site appropriate to the patron's nature, such as a mountain-peak, deep cave or tar pit, and remain there in meditation for a full day. When this is done, the spell will take effect. The mystic can cast no other spells until this is done.
9	A mark or likeness of the patron is permanently burnt into the mystic's flesh somewhere prominent, appearing as a scar or birthmark. The spell does not take effect.
10	The patron places a restriction upon the mystic. From now on, some activity antithetical to their patron's nature is forbidden. Should the mystic perform such an act, they immediately take d12 damage from a bolt of lightning from the sky, sudden bleeding from the eyes, or similar. The spell does not take effect.
11	The patron requires a daily ceremony from the mystic. Either at sunrise, midday, sunset or midnight, the mystic must perform some small rite of thanks to their patron. Failure to do so will result in the mystic losing the ability to cast spells at all for a full day, and d4 damage. If this result is rolled a further time, the penalty for missing this supplication increases by a day and a dice-size. The spell does not take effect.
12	The patron requires a ceremony from the mystic every time they would perform some everyday activity such as eating, sleeping, preparing food or dressing. Failure to do so will result in the mystic losing the ability to cast spells at all for a full day, and d4 damage. If this result is rolled a further time, the penalty for missing this supplication increases by a day and a dice-size. The spell does not take effect.
13	The patron requires daily sacrifice. Roll a d6 on this table to determine what is required. Each day, either at sunrise, midday, sunset or midnight, the mystic must offer this sacrifice. Failure to do so will result in the mystic losing the ability to cast spells at all for a full day. If this result is rolled a further time, the penalty for missing this supplication increases by a day. The spell takes effect normally.
14	The patron decides to mould their mystic's capabilities. The mystic loses a point from a randomly chosen attribute, and gains a point of another random attribute. The spell does not take effect.
15	The patron decides to grant their mystic new gifts. The mystic forgets the spell they just tried to cast, which does not take effect, and instead learns a new random spell of the same level.
16	The patron decides to shape their mystic to better suit their taste. The mystic gains a random unnatural feature. The spell does not take effect.
17	The mystic is knocked unconscious for d4 rounds, during which they experience strange hallucinatory visions of their patron. When they awaken, the spell takes effect.
18	The spell takes effect normally, but the mystic is unable to use any more spells for the remainder of the day as their patron grows briefly bored of them.
19	The spell has no effect, and the mystic cannot use that spell again for the remainder of the day as the patron grows irritated with them. They can, however, use any other spell normally.
20	The spell takes effect normally. For 2d6 rounds, the mystic is filled with the their patron's power, and may show signs such as glowing eyes, feet not touching the ground as they walk, a coating of frost, and so forth. During this time, they must cast a spell they know each round, without needing a Charm skill roll. However, their mortal body is not suited to such exertion, and each spell they cast in this way deals a point of damage to their flesh when the power finally leaves them.