

Insults & Injuries

A Pathfinder Sourcebook for Medical Maladies

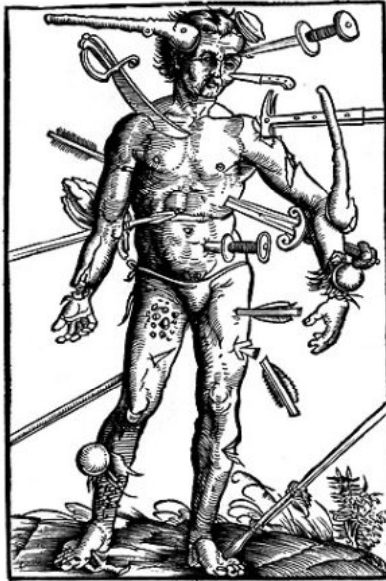


By Eric Lis, William T. Thrasher, Catherine St-Cyr,
and the Skirmisher Game Development Group



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Disclaimer

Every effort has been made to ensure that the medical content of this book is as factually accurate as possible. That said, some poetic license has been necessary both to simplify information for a non-medical audience and to make the information consistent with a medieval fantasy setting. While this book offers reasonably accurate descriptions of a number of relevant diseases, including information about their history, pathophysiology, and treatment, no information in this book should be used for diagnostic or treatment purposes outside of a game setting, and this book is not a substitute for seeing a physician when ill. Hopefully, you did not need to be told that.

Acknowledgements

Eric Lis wishes to extend his heartfelt thanks to the people who made this book possible: Julie Golick, for her tireless and patient editing, useful insights into Earth history, and enthusiasm for the project even before a publisher was found; Stuart Lis, for his endless encouragement and for being the person who got me into gaming 20 years ago; my parents, for their never-failing support of even my most ridiculous projects; Robert Menzies and Adam Mathieu for suggestions for feats and spells; the GM and other players of *The Doom That Came to Sheleazar* and subsequent games, for weekly entertainment; and everybody else who helped to make this happen, since there are too many of you to list. Lastly, the authors wish to disclose that some elements of this book were inspired in part by the classic *Advanced Dungeons & Dragons* sourcebook, *Aurora's Whole Realms Catalogue*, which was produced by TSR, Inc., in 1992 and which remains, more than 20 years later, the author's very favorite roleplaying sourcebook of all time.

This book is dedicated in loving
memory of Dr. Jing Li, who was
instrumental in the writing and
editing of *Insults & Injuries*
and who tragically passed away
shortly before publication. If
you're reading this, she
improved your life.



Introduction

I might not have become a doctor if not for role-playing games. When I was applying to medical school, we had to submit fairly extensive essays about why we thought we would make good physicians. I had all the usual CV filler that an applicant is expected to have, but I also mentioned that I had been the president of a games club at my university when I was an undergrad. During my interviews I was asked about it, so I explained that my background in gaming and storytelling had helped me learn to be open-minded and to think on my feet. I also said, tongue firmly in cheek, that because I could assume whatever roles I chose that I could be the doctor any patient wanted me to be — warm and approachable for those who want the doctor to be their friend, a bit more aloof and professional for those who prefer not to get too close. It must have helped my application, because, even though I did not have the highest grades in that year's crop of applicants, I was accepted.

It turns out I was right and that being a doctor takes a lot of the same skills as being an RPG geek. And if being a gamer can help me be a doctor, being a doctor ought to be able to help me be a better gamer. Learning how to hold a scalpel might not make me roll d20s any better, but learning about the body, how it works and what can go wrong with it, helps me create more realistic and exciting scenes relating to such things.

My hope is that this book will help you add something different to your own games that you might not get from your average player's handbook or storyteller's guide. With this book, the next time a player gets sick you can describe their actual symptoms, and the next time your villains cast *contagion*, you will have a broader — and nastier — list of effects to choose from. Above all, my hope is that with this book you will be able to make your games a little bit richer and a little bit weirder.

What This Book Is

Insults & Injuries is a brief guide to incorporating realistic ailments into your role-playing games. An RPG tends to walk a fine line between being too realistic and not realistic enough. This book will provide you with a much wider array of sicknesses and infections than you would otherwise have, while saving you the trouble of trying to make up something that sounds plausible. Of course, the needs of your game come before the needs of the rules, so a disease should only be played as realistically as fits the story. A disease is a storytelling tool, just like a tavern, a treasure chest, or a rampaging dragon, and it can advance the plot, be an entertaining obstacle, or serve as a deadly weapon in the hands of PCs and NPCs alike.

This book is also a way to introduce some new ideas to your game. Sooner or later, characters become sick,

either because of bad luck or the efforts of their enemies, and Game Masters often have a very hard time incorporating diseases into their games in a way that players find believable and meaningful. It is not easy to do, as most people do not really understand how diseases work, and it can be tricky to introduce sickness into a game without interfering with the story. The mechanics in this book should help you work illness into your stories a bit more easily.

What This Book Is Not

One thing this book will not do is give you an easy way to create new diseases with balanced DCs. Let's face it: Illness is not game-balanced. The Fortitude saving throw that it takes to fight off a disease in real life does not necessarily correlate with how dangerous the disease is to you, and even seemingly healthy people can be knocked down to 0 Constitution by the right infection. This book strives only to present some real-world diseases in a game-friendly way and does not try to provide a simple formula for creating new ones. That said, you can pretty easily create radically new diseases of your own just by making some small changes to the flavor text of almost anything in this book. That is, after all, more or less how new diseases appear in nature.

This book also is not a comprehensive textbook on diseases. We have tried to include a good number of illnesses in this book but have left out a lot. First and foremost, we have included diseases that are:

- 1) Reasonably common or else widely known (i.e., you do not need to know much about a one-in-a-million genetic disorder your players have never heard of).
- 2) Likely to occur or be diagnosed in a medieval fantasy world (without relatively modern technology, you cannot easily tell the difference between two kinds of lung cancer).

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It's a Big World ...

You may not think your player characters should get sick much. You are right. The fact is, most illnesses in your game will probably afflict NPCs, not PCs, but that does not make it less important to include them artistically.

There are currently about 7,000 diseases known to medical science, and researchers estimate that something like five new diseases are discovered every week. If we had included even a list of the names of all the major diseases we did not cover, this book would be about 20 pages longer! If you are interested in finding other diseases, or something in particular that is not in this book, do not be afraid to look it up. Thanks to the Internet, you have, at this moment, free access to pretty much the same detailed information that a medical subspecialist does.

When Should Someone Get Sick?

There are a lot of great times to make someone get sick in your campaign. Is your party's indestructible front-line Fighter getting a bit overconfident? That one point of damage he took can turn into a major infection. Got an NPC who needs a plausible motivation for an evil deed? Never underestimate the lengths someone will go to if it means extending their life — or the life of their child — for even a few months. And then, of course, a disease can be a story unto itself. When a deadly plague strikes a land, it can be the perfect reason for a group of adventurers to go questing for some vital cure ... or some maleficent plague-bringer.

On the other hand, disease can be a heavy topic and it can take some serious thought to know when to use it or not. Do not throw cancers into your game just for the sake of it, as they are not that common and, more importantly, it is hard to guess when one of your players might feel that something hits a little bit too close to home. If a player's family member died of a tragic illness, for example, he or she might not enjoy seeing it in a game. As with anything else, when and how to include sickness in your sessions depends on knowing your players and what they enjoy.

But My Characters Don't Get Sick!

In a magical world, disease does not have precisely the same significance as it does in our own. Some races are highly resistant to disease and some classes — notably Paladins and Monks — are immune to diseases entirely.

Using illness in this sort of setting takes some thought. Does “immunity to all disease” mean that a monk cannot get high cholesterol and suffer a heart attack? Even if a character cannot be affected by a disease, there might be other ways to keep them feeling the story. The heroic Paladin may be immune to the ravages of plague, but a Game Master can involve that player by letting them feel the fear and helplessness of a healer overwhelmed by the needy or by forcing the Paladin to become the group's main defender for one frightening night when the other characters are incapacitated by the flu.

Inevitably, you will find situations in your game where the players are either protected from disease, or when having them get sick would disrupt the flow of the story. At these times, there is an equally useful way to include diseases: NPCs. Players' allies — and enemies! — can suffer all sorts of ailments and afflictions, and these can help advance your plot or change a player's plans as much as or more than the same diseases in a PC. There are endless ways to introduce sickness into your game without having the main characters themselves be affected, so take a moment, look around your world, and ask yourself where the most interesting places might be. You will find a few ...

How To Read This Book

Diseases in this book are listed according to the following format.

Name: The medical or most common name of a condition in the real world.

Also known as: Other names by which the disease might be known to characters.

Ages: The ages or age categories in which the disease is commonly seen.

Description: How the disease manifests and over how much time.

Game mechanics: How the disease might affect a creature.

Treatment: What, if anything, might help a creature to recover.

How Old is Old?

This book assumes that you use age categories similar to those listed in the d20 Pathfinder System Reference Document (d20PFSRD). For example, if this book says that a disease is rarely seen before a character is Old, it means middle fifties for a Human, middle two-hundred-and-sixties for an Elf, etc.

Introduction





Chapter I: Health, Healing, & Being Sick

Health has different meanings depending on how old the average person becomes in a particular society. It is said that in medieval England the average life expectancy was about 30 years. That sort of number is not really representative, however, because it includes infant mortality, which skews all the averages. When only people who lived beyond childhood are considered the numbers trend more toward the fifties and, according to some sources, even to the seventies. With the benefit of magic it is reasonable to assume that citizens of a community with proper sanitation and ample access to healers could live to respectable oldish ages.

On the other hand, this number includes both typical citizens and adventurers — who, by definition, are not average people. The life expectancy of an adventurer is probably near the extremes: they die young, in their late teens or early twenties, or else they die old, in their fifties for Fighters, seventies for Monks, and probably well into their second or third centuries for some Wizards. That is just for Humans, of course. Consider: if a Human and an Elf both start adventuring at the analogous ages — say, 18 and 125 — and they are both killed on the same day by the same dragon, then the Human has lost 30 or 40 potential life years, and the Elf has lost some 200. Does that make one death more of a tragedy than the other? This is a meaningful question, because whereas most NPCs will probably die of old age, most adventurers will die from adventuring.

Every year, about 9.5 percent of the world's population dies, taking into account both Third World nations and nations with access to the best of 21st century medicine. Whether or not this is higher in a medieval fantasy setting depends entirely on whether magical healing is more or less effective than modern medicine, and this is very much a question of individual game settings.

Old Age

“Old age” is really just a way of saying death from heart disease, infection, or cancer at an age that is not excessively tragic.

What Are Hit Points?

As people age, they tend to get less healthy: muscles weaken, bones thin, reflexes slow down. Most people will hit their physical peak in their late twenties, sometimes in their thirties, after which they will notice that they are not as fit or have a harder time

staying fit. Somehow, though, in role-playing games creatures that start adventuring at the age of 18 just keep getting more and more durable, even as their hair turns grey and their beards reach their knees. Hit points, therefore, clearly do not simply represent pure durability.

One way to think of hit points is as a measure of “ability to withstand harm.” A wizard might rise from 2nd level to 8th level in the space of one year and become significantly harder to kill, but his bones have not become laced with unbreakable metal (probably).

Hit points can be thought of as representing a number of factors. Here are just three of them:

1) Actual Health: Adventuring is a high-exercise lifestyle that involves a lot of walking, a certain amount of heavy lifting, and plenty of fresh air. The more characters do it, the tougher they get.

2) Pain Threshold: A 1st-level Fighter might get knocked out by a single punch, not because she is more delicate, but because she is not used to getting punched. The hit comes as a bigger shock, emotionally and physically. By the time a Fighter reaches 10th level, however, she has probably gotten punched many times. She is used to it, knows how it feels, and knows she will survive it and, as a result, can handle taking a few more hits.

3) Skill: A Rogue who gets stabbed once learns one very important lesson: he does not want to get stabbed again. The next time he takes the same hit, his reflexes are a little bit faster and he pulls his body away. The next time a Fighter gets punched, she knows how to roll with the blow a bit better so that it hurts less. Even though the amount of damage dealt might be the same, it takes off a smaller percentage of a creature's total health because its impact is less.

In light of the above, it can be hard to say precisely how most diseases affect hit points. A few diseases probably do have a direct impact on hit points, but probably not many of them. Most diseases likely have

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an impact on hit points by damaging Constitution (or, more indirectly, Dexterity).

Magical Healing and Disease

Before you ask what diseases a creature might get, you have to answer an important question: How can they be healed? In a fantasy world rich in magic, sufferers can go to the temple and have a low-ranking adept cast *remove disease*. In unusual circumstances, the adept's supervisor has to get called to cast *heal*. This begs the question: What does anybody in these stories ever actually die of?

There are a few different ways you might use healing magic in your game, depending on how you, personally, envision sickness.

Magic cures everything: A Cleric can heal any disease, meaning any sort of disease state. That is fine for most diseases that a player character is likely to encounter, because most player characters will only ever encounter infectious diseases and temporary conditions. In this play style, *remove disease* and *heal* can cure diabetes. If a baby is born with a genetic disorder that results in reduced Intelligence or shortened lifespan, magic can reverse that. *Heal* can cure Alzheimer's disease and breast cancer. In this sort of game, people probably live a good long time barring accidents and injuries, assuming they can afford to pay a Cleric for the necessary magic.

Magic cures everything ... but everybody's gotta



What's In a Name?

Many disease have names that they ought not to logically have in your game because they were named after real-world scientists or derived from Latin or Greek. If that does not bother your players then do not let it bother you. If it does bother you or them then use some more appropriate names.

die sometime: In this scenario, your local Druid can get the cholesterol out of your arteries and cure your depression but the gods have decreed that everyone dies when their time comes and sometimes you just cannot heal someone. The old cobbler who lives down the street was cured of his last two bouts with pneumonia but, somehow, this particular infection seems resistant to magical healing. After all, healing magic comes from the gods, so if the gods say it is your time, they probably will not let their Clerics heal you.

Magic cures infections and injuries: This book assumes you are playing this way. In this variant, healing magic is the world's most powerful antibiotic, antiviral, and antifungal put together. It will clear your lung infection, repair your broken bone, and reverse the brain damage you suffered when the other players were a little bit too slow pulling you out of the water. *Remove disease* will not cure obesity, however, and it does not help your neighbor stop hearing voices. If you play this way, the Game Master has a lot of power, because he decides on a case-by-case basis whether or not magic can treat a medical condition. In this case, it is good to have a general idea of what causes the diseases featured in your game. Even more importantly, you should have a clear idea of what will advance or hinder your story.

Magical Harming and Disease

Once you know what can be healed, it is important to decide what diseases can be caused by magic. *Heal* and *harm* tend to be spells that mirror each other, one generally causing what the other can reverse. If *remove disease* is only able to cure certain infections then *contagion* should probably only be able to cause the same ones. Mind you, that assumes you are playing nice with your players. An evil Cleric might certainly devise new spells to cause additional diseases, but the ability to cause heart attacks and strokes probably should not be in the hands of every low-level enemy your players encounter unless they have the magic to reverse — or at least treat — such ailments.

Chapter 1: Health, Healing, & Being Sick

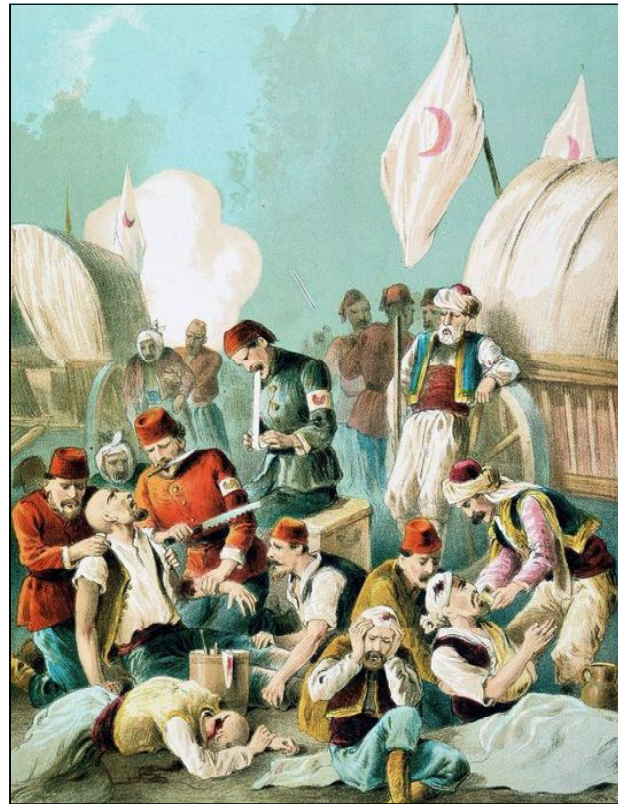
Non-Magical Healing

Many diseases can be treated without magic. Healers can do things like bind wounds or set and cast broken bones. Even if no one has invented penicillin, the wise women probably know of a plant or two that seems to bring down fever or improve a cough.

The central tool in the non-magical physician's little black bag of tricks is the Heal skill, which can cover a bit of everything, from battlefield triage to palliative care of end-stage cancer patients. In many games, the most common use of the Heal skill is to provide first aid, stabilizing and preventing a dying character from reaching a negative amount of hit points equal to his Constitution score. The DC for this check is 15, which even a 1st-level character has a fair shot of making.

A healer with a little more time on his hands can provide long-term care for a patient. A single healer, dedicating eight hours of his day to the care of up to six sick or wounded creatures at a time, doubles the rate at which such creatures regain lost hit points and ability points: 2 hit points per level per day that the patient rests for eight hours or 4 hit points per level if they rest for 24 hours, and 2 ability score points per day for eight hours of rest or 4 ability score points for 24 hours. Long-term care allows a character to heal temporary ability damage but not permanent ability drain. This sort of treatment can be curative of wounds and can provide the vital support to keep someone alive for the time it takes their body to fight off the flu. This is the most important form of healing for most NPCs, who do not have easy access to *remove disease* and have to make do with bed rest, chicken soup, and ground birch bark. Providing long-term care with the Heal skill also has a set DC of 15 and a single healer can care for up to six people at a time.

Lastly, the Heal skill can be used to aid a creature that is fighting off some disease state. Any time that a creature makes a saving throw versus a disease or a poison, a healer can use a standard action to make a Heal check, and if the Heal check is successful the



creature gains a +4 competence bonus to the saving throw. This is useful only when a saving throw is being made: a creature who has already gone blind from cataracts cannot regain sight, no matter how high the Heal check, and a Heal check cannot undo the effects of a stroke, but a Heal check to clean a fresh wound might prevent tetanus and a miner who visits the healer once per year might stave off the development of pneumoconiosis. Of course, to make this check a healer has to know that there is a problem and choose to use the Heal skill at the right time, and if it does not occur to anyone to make a Heal check at the time that a creature is bitten by a rabid dog then the opportunity has been missed. Similarly, the Heal skill can be used to treat poisons and toxins, if the healer's check is made at approximately the same time as the victim's saving throw. The DC of this Heal check is equal to the DC of whatever the victim has to roll to succeed at the saving throw.

In game, the Heal skill can be imagined to consist of any number of things. A big part of the skill is assessing and bandaging obvious wounds. At higher ranks it probably assumes that the healer is carrying around various medicinal herbs to dull pain, slow bleeding, and prevent infection. Just as a Knowledge skill check stands in for a character digging in their

I Hate To Admit It ...

According to the Heal skill, providing long-term care takes eight hours a day, and it does not say when they have to be. Anybody who has actually worked on a medical ward will tell you that, for whatever reason, patients always seem to crash in the middle of the night, when medical personnel are half asleep. Whether this is the case in a game depends, more than anything else, on how nasty the Game Master is.

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Hold This Under Your Tongue

The thermometer is a reasonable device to have in a game world. By 200 BCE, Greek scientists knew the physics behind thermometers. It took until around the 1800s before someone built a thermometer that could be used to reasonably measure a person's fever ... but people in your campaign setting might be cleverer than that.

bag of equipment looking for just the right reference text and the Disable Device check assumes a character has certain basic tools to work with, the Heal skill simplifies a very complicated series of actions and assumes that you have the basics of what you need in your Little Black Bag of Holding.

General Features of Illness

To have a clear idea of how being sick looks and feels, it's useful to understand a few general features seen in a variety of illnesses. Many Human diseases and the suffering that they cause can be understood as some combination of allergy, fever, lethargy, nausea, and pain.

Allergy: A (very) simplified definition of the word "allergy" might be "an exaggerated reaction of the body to some outside substance." This covers everything from mild hay fever to deadly (or "anaphylactic") reactions to various foods. Most commonly, allergens ("substances to which someone is allergic") will affect a creature's breathing, either by irritating the nose or, in severe reactions, by making the throat constrict. Do not forget the rest of the body, though. Pollen irritates eyes. Poison ivy and other contact allergens make the skin red and itchy. Allergies can make a victim's ears swell up and impair hearing or cause abdominal pain and mimic a gut infection.

Fever: There is no medical process more general than fever. Fever — or the illusion of fever — can be caused by infection, brain injury, some drugs and herbs, many poisons, blood clots, dysregulation of hormones in the body, autoimmune diseases, and, of course, overheating. Generally, fever is not considered dangerous in and of itself; although some body systems do not work as well at high temperatures, it is usually the cause of the fever that hurts a sufferer.

Assuming your game world does not have accurate thermometers, knowing someone has a fever might not be that useful, but when you want to convey to your players that a creature is sick, showing that they have a fever — that they are hot to the touch, reddish,

and perhaps sweating if the fever is breaking — is a useful storytelling tool.

Lethargy: One of the surest signs that someone is sick is that they become lethargic (or more lethargic than usual). A creature that becomes tired and weak looks sick right away and, when a valuable ally of the party is suddenly too enervated to rise from bed, it gets the party's attention. In game terms, this might be reflected by a drop to a creature's Strength, Dexterity, or Constitution, but a truly ill creature might have a drop in all six abilities. If a player character is ill, lethargy probably should not be debilitating, as a player should generally be left strong enough to go looking for a cure themselves, but a temporary loss of a few points of Strength in a front-line Fighter can unnerve the whole party.

Nausea: The d20PFSRD says that a Nauseated creature is "unable to attack, cast spells, concentrate on spells, or do anything else requiring attention" and that it can take only a single move action per turn. Disabling as this obviously is to a character, it fails to capture the emotional component of real nausea. A person suffering a migraine or receiving chemotherapy can, in fact, experience nausea so severe that they want to die. People with many illnesses will report that the nausea is worse than their pain. Most sick characters will have only minor nausea rather than crippling nausea, and the only effect in game terms might be a small penalty to Acrobatics skill checks or a slightly increased difficulty to ranged attacks.

When a character is horribly nauseated, however, the player should understand that his or her character is genuinely suffering and not merely inconvenienced for a few rounds.

Pain: Pain, obviously, is unpleasant. Many people, when faced with a terminal illness, say that they are more afraid of being in pain than they are of dying. Pain is one of the hardest things to convey in a game; no matter how much pain a character is in, the player does not feel it and has a hard time imagining it. Pain is a feature of many illnesses — in some cases, like appendicitis, it is the characteristic sign — but many very severe illnesses are completely painless. There is no easy way to describe pain in a way that is always effective so, when in doubt, do not try. If you describe a player's wound in detail but make no mention of pain, players will usually imagine it themselves more effectively. Pain, in any event, will usually correlate reasonably well with a character's hit points.

Chapter 1: Health, Healing, & Being Sick





Chapter 2: The Head & Neck

The head contains some of the body's most important organs, including the brain and most of the sensory organs. The head is incredibly complex and, as such, an incredible array of things can go wrong with it. Diseases of the head include blindness, which can entirely change the way a story moves, as well as the headaches which we so often induce in our Game Masters. Mental disorders, which arguably belong as part of the head, are listed in Chapter 7: Mental Disorders.

Blindness

Also known as: N/A.

Ages: Any.

Description: Blindness is, understandably, something of a setback to your average adventurer, as someone who cannot see is at a much greater risk of walking off of cliffs, wandering in front of racing carriages, or worse, walking past some gold without noticing it. Many blind people do not necessarily perceive themselves as “disabled,” however, particularly if they have been sightless for their entire lives, and a clever adventurer could probably find ways of getting around this condition entirely. Any creature with the Blindsight special ability may not be particularly bothered by a lack of normal sight, although a clever Game Master could, for example, still taunt such players with puzzles related to colors.

Blindness is defined differently in different places. Many people who are functionally blind still retain some vision, and such beings might be able to see changes in general light versus dark or might to perceive very blurry shapes but not make out fine details.

Numerous conditions, including the following, can cause blindness.

Cataracts: A common cause of blindness with increasing age, a cataract is an opacification of the lens of the eye. It takes years to develop and so is often not noticed for a long time. A creature might initially notice that its vision is becoming somewhat blurry or that it is perceiving colors a bit differently (e.g., the world may seem more yellow, or the color blue might be harder to tell from green). It is unusual to develop cataracts before a creature is Old or older. Cataracts are the most common cause of blindness with age and account for the classic image of the elderly person whose eyes have become milky white.

Glaucoma: Glaucoma is loss of vision because of nerve damage caused by increased pressure of the fluid within the eye. This can be a sudden and excruciatingly painful rise in pressure, but is much

more commonly a slow process over a period of years. Although glaucoma can start at any age, it is usually seen after a creature becomes Old. Glaucoma starts at the edges of the field of view, and people lose their peripheral vision first. Penalties to Armor Class may accumulate before a creature stops being able to read.

Macular Degeneration: Macular degeneration is a relatively late cause of blindness, usually seen in creatures who are Venerable. Vision loss begins at the center of the visual field, impairing reading and writing. A creature with macular degeneration might lose its skill with a bow and arrow before it begins bumping into objects around the home.

Smallpox: One of the most common causes of blindness in youth, smallpox is an infectious disease that accounts for close to one-third of all blindness in humanoids. For details, see Chapter 8: Infections.

Magical Blindness: Magical blindness causes complete blindness. A creature's vision becomes black, it cannot see light, shadow, or movement, and the eyes are entirely unreactive to stimuli (e.g., its pupils do not constrict in bright light).

Mechanics: Regardless of cause, a creature whose vision is poor enough to qualify as blind takes a –2 penalty to Armor Class, loses its Dexterity bonus to AC (if any), and takes a –4 penalty on most Strength- and Dexterity-based skill checks and on opposed Perception skill checks. All checks and activities that rely on vision automatically fail (e.g., reading and Perception checks based on sight). All opponents are considered to have total concealment against a blind character (50% miss chance). A blind creature must make a DC 10 Acrobatics skill check to move faster than half speed, falling prone on a failed check.

While a blind creature cannot read, it may be possible to identify letters if they can be felt (e.g., if they are chiselled into stone). A creature that is blinded may also learn to use other senses in place of vision and, at the Game Master's discretion, might spend skill points for such skills as reading by touch or replacing the feat Eagle Eyes with Blind-Fight.

Insults & Injuries

Treatment: *Remove blindness/deafness* can cure both magical and non-magical blindness. The spell corrects existing damage and may not prevent new damage but, because of the time required for cataracts to form or glaucoma to develop, most aged creatures will not live long enough to become blind again.

The Heal skill has no effect on blindness.

Concussion

Also known as: Mild traumatic brain injury, punch drunk.

Ages: Any.

Description A concussion is a usually-temporary change in mental function caused by a head injury. Simply put, a concussion is any lingering effect of a head injury, such as loss of memory, a headache lingering for several days, or lack of coordination and balance. Other symptoms of a concussion might include nausea and vomiting, blurry vision, sensitivity to bright lights, ringing in the ears, difficulty paying attention, confusion or disorientation, lethargy, and difficulty controlling emotions. Usually, such symptoms last anywhere from a few minutes for mild concussions to a few weeks for more serious ones. As a general rule, the more concussions a person has had, the more severe the next one will be. Individuals who

suffer multiple concussions may show signs of permanent brain damage, in which case one of the common symptoms of concussion will develop but fails to improve.

One risk after a concussion is known as “second impact syndrome,” wherein a second head injury — even very minor — taken in the days following a concussion causes the brain to swell up, leading to rapid loss of consciousness and death. Second-impact syndrome, however, is rare.

Mechanics: Any creature who takes damage to the head is at risk for concussion. At the Game Master’s discretion, wearing a helmet may eliminate this risk. In general, a creature is probably not at risk of concussion unless they are the subject of an aimed hit to the head. A concussion may result from a sneak attack, particularly with a blunt weapon such as a sap. When such a wound is suffered, a creature must succeed on a Fortitude saving throw (DC 10) or develop a concussion. A creature suffering from concussion suffers a temporary 1d4 penalty to 1d4 ability scores (typically Charisma, Dexterity, Intelligence, or Wisdom, chosen randomly) for 1d100 hours.

A creature who is repeatedly concussed (more than 20 times in their life) must make a DC 20 Fortitude save once per year or develop permanent brain damage, as if they suffered from dementia.

Treatment: Rest is the best treatment for a concussion in most cases. Any *cure* spell administered to a concussed creature within 10 minutes completely prevents the effects of concussion. A *lesser restoration* spell at any time will remove all lingering effects.

A Heal check (DC 10) can prevent the development of concussion if made within one minute of the head trauma. After this time, the skill can be used to provide long-term care and accelerate the healing of ability scores. A Heal check (DC 20) made once per year prevents the onset of post-concussive brain damage.

Deafness

Also known as: N/A.

Ages: Any.

Description: The term “deaf” encompasses any condition that causes irreversible hearing loss. It can occur at any point in a creature’s lifespan. Some children are born unable to hear and progressive hearing loss is commonly seen by the time a creature is Old (“presbycusis”). The most common cause of hearing loss, particularly among adventurers, is environmental noise (those sonic attacks add up!). Various infections can cause deafness, but usually in newborns rather than adults.



Chapter 2: The Head & Neck

Mechanics: A deafened creature cannot hear and takes a –4 penalty on initiative checks, automatically fails Perception checks based on sound, takes a –4 penalty on opposed Perception checks, and has a 20% chance of spell failure when casting spells with verbal components. At the Game Master's option, a deaf creature may take similar penalties (–2 to –4) to such skills as Diplomacy, Perform, and Sense Motive, depending on the circumstances.

Treatment: *Remove blindness/deafness* restores a creature's hearing, even if the creature was born deaf, although someone who was born deaf and has never learned to understand spoken speech may have tremendous difficulty adjusting to a new sensory modality. Deafened creatures can use new ranks in Linguistics to learn sign languages, assuming they can find teachers. Game Masters may additionally allow creatures fluent in Thieves' Cant to communicate normally with others who understand that language, as many versions of it make use of hand gestures and symbols in addition to speech.

The Heal skill has no effect on deafness.

Dementia

Also known as: Second childhood, senility, Wizard's bane.

Ages: Usually Venerable, rarely Old.

Description: Dementia refers to usually-irreversible loss of cognitive function with age (e.g., memory, learning, planning, language). This might be due to a number of slow illnesses, such as accumulation of proteins in the brain, calcification of brain cells, or tiny, undetectable strokes. This sort of illness is the greatest fear of many spellcasters, as they lose their power and their glory long before they lose their lives. Common as dementia may be in healthy, long-lived societies, it is incredibly rare in most cultures because so few people live to a vulnerable age category.

Different races perceive this illness differently. Among Elves, it is sometimes seen as a blessing, and such people assume that one's memory and attention suffer because, with great age and wisdom, one's thoughts are spent pondering the great mysteries of the world. Dwarves, on the other hand, often find this a particularly difficult illness to bear because of the great burden it brings to the clan and because the sufferer rapidly loses the ability to clearly remember clan legends, ancestors, and grudges.

Mechanics: Normally, an aged creature experiences increases to its Intelligence and Wisdom with age. A creature suffering from dementia instead takes a –2 penalty to both scores at Venerable age and an additional cumulative –1 penalty every year thereafter.

Divination Tomography

Dementia is an example of an illness for which characters (and probably players) do not need to know about the many subtypes, all of which manifest in different ways. Unless medical practitioners have magical tools to examine brain cells at a microscopic level, it does not matter much if a character has Alzheimer's disease or lacunar infarcts. The characters will probably never know the exact cause of dementia, and it probably will not be very important to them, either.

A creature dies of this illness when any ability score reaches 0, although most will die of some other illness first. Charisma is usually unaffected.

Treatment: *Remove disease* stops dementia from progressing for one year but does not undo existing ability drain. *Lesser restoration* undoes ability score drain and stops the disease for one year. After one year, the chronic conditions underlying the dementia accumulate once more and ability scores will fall again. *Greater age resistance* negates all ability score drain caused by dementia for 24 hours. A creature who gains a level may spend two skill points to prevent ability drain for one year.

The Heal skill has no effect on dementia.

Epilepsy

Also known as: Convulsions, the sacred disease, demonic possession.

Ages: Any.

Description: Epilepsy is a category rather than a single disease. It encompasses most types of seizures in people who have more than one seizure in their lifetimes. Different forms of epilepsy can begin at different ages and disappear spontaneously at any age, and two individuals who both have epilepsy may have radically different-looking seizures. The most classical form of seizure is the "tonic-clonic" seizure, which begins as a sudden stiffening of the limbs followed by several minutes of uncoordinated, involuntary body movements. Other forms of seizure include uncoordinated movements of just certain body parts, short periods of inattentive staring at nothing in particular, brief sensory impressions (often flashing lights or smells), or sudden emotional outbursts. Seizures might be brought on by fast and bright light patterns (such as a *prismatic wall*), hyperventilation, or sleep deprivation, although commonly no clear trigger for a seizure is ever identified. Seizures usually

Insults & Injuries

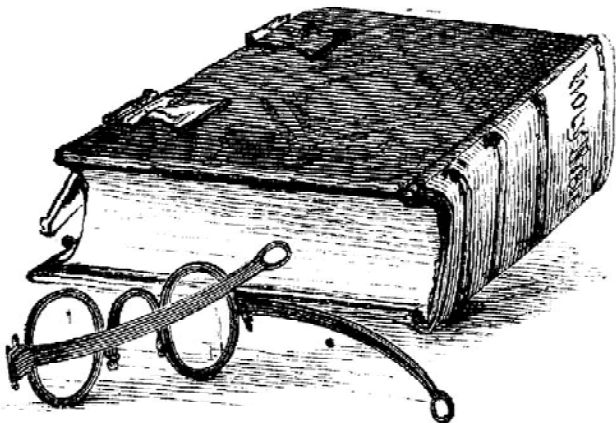
last less than five minutes and can be a significant threat to life if they last longer than 20 to 30 minutes. Even after the seizure ends, the sufferer often experiences weakness, paralysis, confusion, disorientation, or headaches.

In many societies, seizures are not well understood. When a person cries out, falls to the ground, and begins waving their limbs, this is often seen not as an illness but rather as a supernatural event. Depending on the point of view of the surrounding culture, a creature suffering from seizures might be seen as god-touched or demon-possessed, and local treatments may be predictably harmful.

Mechanics: A creature suffering from a seizure disorder or epilepsy has a varying probability of having a seizure at any given time. Creatures with very minor or rare seizures may have a 1% chance per day of experiencing a seizure; a creature with very severe disease may have a 25% chance per day or even a 10% chance per hour, though this would be rare. An extra roll might be warranted when the creature is exposed to a trigger, such as drinking alcohol. Most seizures last for 1d4 minutes. A creature in the midst of a stereotypical tonic-clonic seizure is considered Helpless during the seizure and for 1d4 minutes afterward.

Treatment: A *sleep* spell immediately ends a seizure and a *hold person* spell paralyzes a seizing individual, although the seizure may resume once the spell ends. *Remove disease* has no effect on epilepsy unless it is magically inflicted or is caused by a brain tumor (although how someone might determine this is for them to figure out).

The Heal skill cannot prevent the development of epilepsy or the onset of a seizure, but a successful Heal check (DC 20) reduces the duration of a seizure by half.



Farsightedness and Wizardry

Farsightedness is particularly inconveniencing to Wizards and other spellcasters that prepare spells from books or scrolls. A Wizard with uncorrected hyperopia or presbyopia must study his spellbook for 1½ hours to prepare his spells for the day. Additionally, a farsighted character doubles the time needed to scribe a scroll or copy a spell into a spellbook. Finally, a farsighted character suffers a 10% chance of spell failure when activating a scroll.

Glasses

Also known as: Spectacles, lenses.

Ages: Any.

Description: Myopia (nearsightedness) and hyperopia (farsightedness) are common vision problems that may or may not be easily offset depending on the availability of corrective lenses in a region. Myopia usually begins in childhood and makes it difficult to see things that are farther away; hyperopia can occur in children but is more common in adults who are Old or older (“presbyopia”). In either case, lenses can be crafted that correct the problem. Myopia typically manifests as problems with identifying objects at a distance and may affect ranged attacks. Hyperopia usually manifests as problems reading.

It is a common belief among many people that poor vision is somehow associated with intelligence, and many support this belief by pointing out that Wizards and Clerics are among those most commonly seen wearing glasses. It is more likely, however, that poor vision is simply most likely to be noticed by individuals whose studies or professions depend on their vision (e.g., a soldier is less likely to notice and be bothered by poor vision than a scribe). Furthermore, more education tends to be associated with more money, and thus the ability to buy lenses.

Mechanics: An individual with uncorrected myopia treats all range increments as being one greater and, at the Game Master’s discretion, this penalty may be increased. An individual with uncorrected hyperopia or presbyopia takes a –4 penalty on any skill checks involving reading normal text, but may have no difficulty reading large text such as road signs, tavern names, and the like.

Treatment: Corrective lenses eliminate penalties associated with poor vision. Such lenses are likely to be difficult and expensive to produce, however, and may not be readily available. A *clarity of sight* spell improves vision for one day and a *greater clarity of*

Chapter 2: The Head & Neck

sight spell permanently cures myopia, hyperopia, and presbyopia (See Appendix IV: Spells).

A creature wearing glasses must take care not to lose them. A small string or other tie may be used to hold them in place. Otherwise, a creature in combat must make a Reflex save versus DC 15 — DC 20 if wearing only a monocle — any time it rolls a natural 1 on its attack roll to avoid its glasses slipping off and falling.

The Heal skill has no effect on whether or not a creature requires corrective lenses.

Headache

Also known as: N/A.

Ages: Any.

Description: Headache is one of the most common illnesses in the world. It afflicts all races to varying severities and can range from annoying to debilitating. Stories tell of Beholders who end their lives and Hydras who chew off their own heads to end their pain, although the headaches of most humanoids are rarely so terrible. Although dozens of types of headaches have been categorized, broadly speaking there are three common types.

Tension headache is the most common type and is usually associated with stress, uncomfortable position, or hunger. Pain can be severe but rarely disabling and usually goes away on its own after four to six hours, although in rare cases tension headaches can last for years. Pain is usually on both sides of the head and is often described as a squeezing feeling.

Migraine headache is often more severe than a tension headache and often includes some nausea or dizziness. Before a migraine begins, the creature may see flashes of light or other brief vision changes. Pain is often on only one side of the head and has a throbbing quality, and may become worse with bright light or loud noise. Pain usually lasts 3d8 hours.

Cluster headache is immensely painful and usually brief. Several short headaches may occur in rapid sequence. This headache is described as one of the worst pains known and is sometimes said to be worse than childbirth. Typically, the pain occurs on only one side and has a stabbing quality, and is almost invariably accompanied by a drooping eye, pupillary constriction, red eye, runny nose, or sweating. Pain usually lasts between 15 minutes and three hours. There may be as many as five to 10 attacks per day.

Hangover (post-alcohol headache) is discussed in Chapter 11: Drugs & Toxins.

Mechanics: A creature suffering from a tension headache is considered to be Sickened for the duration of the headache. A creature suffering from a migraine is considered to be Staggered. A creature suffering from



a cluster headache is considered to be Nauseated (even though they may not actually be nauseated).

Treatment: Any *cure* spell immediately ends the headache but does not prevent the headache from recurring. *Remove disease* ends the headache and prevents a headache from recurring for one week.

The Heal skill has no effect on headache.

Laryngitis

Also known as: Lost voice, lich-voice.

Ages: Any.

Description: Laryngitis is an inflammation of the larynx, the “voice box” of the throat. It is usually due to overuse, often in cold and dry weather, but is also caused by viral and bacterial infection. Smoking and alcohol can make it more common, as can allergies.

Laryngitis causes a hoarse voice that can sound like a stage whisper. Typically, it lasts three to five days but can persist for weeks, especially if the voice is overused again before the inflammation improves.

Mechanics: A creature suffering from laryngitis is unable to talk at or above normal volume and speaks hoarsely for 1d6 days. All voice-based Perform checks are at -6 difficulty during this time (e.g., oratory, singing, storytelling). The creature suffers a -4 penalty to Diplomacy and Bluff checks but takes a +4 bonus to Intimidate checks. Spellcasters suffering from laryngitis have a 10% chance of spell failure when casting spells with verbal components.

Treatment: *Remove disease* immediately restores the voice to normal.

A successful Heal check cuts the duration of laryngitis in half. Warm tea reduces the duration of the illness by one day.

Insults & Injuries

Sidebar: Bacteria vs. Viruses

Odds are good that your characters have no way to tell a viral infection from a bacterial infection. Odds are also good that they do not know what a “bacterium” is!

Meningitis

Also known as: Brain infection, burning brain.

Ages: Any.

Description: Meningitis is not truly an infection of the brain but actually an infection of the tissues (“meninges”) surrounding the brain. It typically begins as a severe headache accompanied by neck stiffness, fever, confusion, and drowsiness. Survivability depends on the cause; a bacterial infection is usually deadly in less than one week whereas a viral infection is likely to go away on its own within one to two weeks. A rash may occur with certain kinds of bacteria.

Mechanics: Meningitis is contagious via respiratory secretions (e.g., cough, sneeze, dirty hands); a creature exposed to another creature with meningitis must succeed at an immediate DC 10 Fortitude save and then again after 1d3 days or contract the illness. A creature suffering from meningitis is considered Staggered initially. If the creature suffers from viral meningitis, it becomes Sickened after 1d6 days and recovers after a further 2d6 days. If the creature suffers from bacterial meningitis, it instead becomes Nauseated after 1d6 days. After an additional 1d6 days, the creature must make a DC 15 Fortitude save, dying upon a failure. A creature that succeeds on this roll remains Nauseated for 2d6 days and then becomes Sickened for 1d6 days before recovering. Whether a creature has a potentially deadly infection is at the Game Master’s discretion.

Treatment: *Remove disease* cures meningitis. A DC 10 Heal check made within one hour of exposure to meningitis or within one day of the creature’s second Fortitude save prevents infection. A successful Heal check (DC 25) allows a sufferer to reroll its saving throw to avoid dying from the disease.

Parkinson’s Disease

Also known as: Golem muscles, shuffles and shakes, the shaking palsy.

Ages: Old to Venerable.

Description: Parkinson’s disease is a movement disorder characterized by rigidity and tremors that are worst while at rest. Movements become slow and require great effort. The disease develops late in life, often beginning as shaking hands or difficulty bending

the limbs, and progresses until speech and walking become extremely difficult. Many sufferers exhibit a characteristic “pill-rolling” tremor, where the thumb and index fingers move as though something small was being rolled between them, and a characteristic walk, where the feet are shuffled slowly forward without leaving the ground. Dementia tends to develop in tandem with the disease, particularly affecting planning and problem-solving. The disease may take two decades or more to fully manifest, or it may rob an individual of movement within a few years. Although it is not considered a deadly disease, individuals suffering from it tend to die earlier than others, mostly due to falls, choking, and infections related to lack of movement.

Mechanics: For every year that a creature has this disease, there is a 50% chance it will lose 1 point of Dexterity and a 25% chance it will lose 1 point of Wisdom. For every five years that the disease is present, a creature’s speed is reduced by 5 feet.

Treatment: *Remove disease* stops the disease from progressing for one year. *Lesser restoration* heals all ability damage taken to date but does not prevent new ability loss. Heal has no effect on Parkinson’s disease.

Stroke

Also known as: Apoplexy, softening of the brain.

Ages: Venerable.

Description: Stroke is a general term for localized brain damage due to lack of oxygen. Typically, it is due to either bleeding or a blood clot in the brain; in either case, a circumscribed area of the brain is damaged with resulting functional loss. A stroke that resolves itself within one day and has no long-term effects is termed a “transient ischemic attack.” Common patterns of stroke include paralysis or loss of sensation in an arm or leg or half of the body (left or right), changes in one or more senses (blindness, deafness, altered sense of taste and smell), and difficulty producing or understanding speech (“aphasia”). A stroke can result in loss of behavioral inhibition, inability to name objects despite recognizing them and their purposes, and even an inability to perceive a loss of ability. Stroke is rarely fatal in and of itself — although if the brain’s breathing center or another vital structure is damaged it can be — but predisposes the victim to various other causes of death, including falls and infection. Like dementia, stroke is extremely rare in most societies, simply because few people live to become old enough to suffer one.

Mechanics: Because stroke can cause a wide array of symptoms, no easy rule mechanic can be designed for it. A victim of stroke may be Paralyzed on one

Chapter 2: The Head & Neck

half of its body for 1d20 hours and then recover with a persistent -4 to Strength on that side, or may lose all languages, resulting in automatic failure of all skill checks dependent on speech and writing.

Treatment: *Lesser restoration* reverses the effects of a stroke if cast within 12 hours, after which a *restoration* or *greater restoration* spell is required. A *tongues* spell cast on the creature enables it to understand and communicate normally for its duration. The Heal skill has no effect on stroke.

Tooth Decay

Also known as: Cavities, caries, peasant's mouth.

Ages: Any.

Description: Tooth decay is the most common disease of the head, as few people know of the importance of brushing their teeth and even fewer have the tools to do so. Tooth decay is more common in areas where sweet and fermentable foods (particularly sugar cane) are eaten and is associated with diets richer in rice and grain than in meats, making this disease generally more common in the poor than the rich.

Tooth decay is usually due to acids, both naturally occurring and produced by bacteria. Natural acids constantly wear away at the outer layer ("enamel") of the teeth while bacteria that live on and between the teeth produce more acid as they metabolize sugars. These acids produce holes in the enamel and, if such holes become deep enough, they erode through the insensitive enamel and into the pain-sensitive tissues beneath. At this point, removing a tooth is often necessary. If no pain occurs, or if the pain persists long enough to stop on its own as the tissues in the teeth die, the tooth — and likely other nearby teeth — simply wear away, leaving the mouth toothless ("edentulous").

Many healers believe that tooth decay is caused by "tooth worms" that infest and slowly eat teeth. This erroneous belief has resulted in the spread of many therapies, including pouring various herbal powders and resins onto teeth to kill the worms. In general, this accelerates tooth decay by some 50%. Other healers sometimes treat tooth decay via blood-letting



and, in such regions, tooth decay is one of the highest mortality illnesses known.

Elves, with their slower aging, have better teeth and do not suffer tooth decay until they are Venerable. Dwarves suffer tooth decay as do Humans — if anything, they lose teeth faster — but tend to have easy access to metal replacements and may take great pride in their gleaming golden smiles. Orcs and most Goblinoids suffer tooth decay, but their teeth grow continuously during their lives and they thus never become toothless.

Mechanics: A normal adult of most humanoid races has 32 teeth. Each year after attaining Adult age, a creature must make a Fortitude save versus a DC determined by their age category (see table 2.1). The creature receives a +10 bonus if they engage in some degree of tooth care and a -4 penalty if they eat a diet rich in sweets or grains. A failed save indicates 1d4 teeth are lost. A creature who has lost and not somehow replaced four or more teeth suffers a -2 penalty to Diplomacy and Perform (Sing) skill checks. A creature that has lost 16 or more teeth has a 1% chance of spell failure with any spell that has a verbal component.

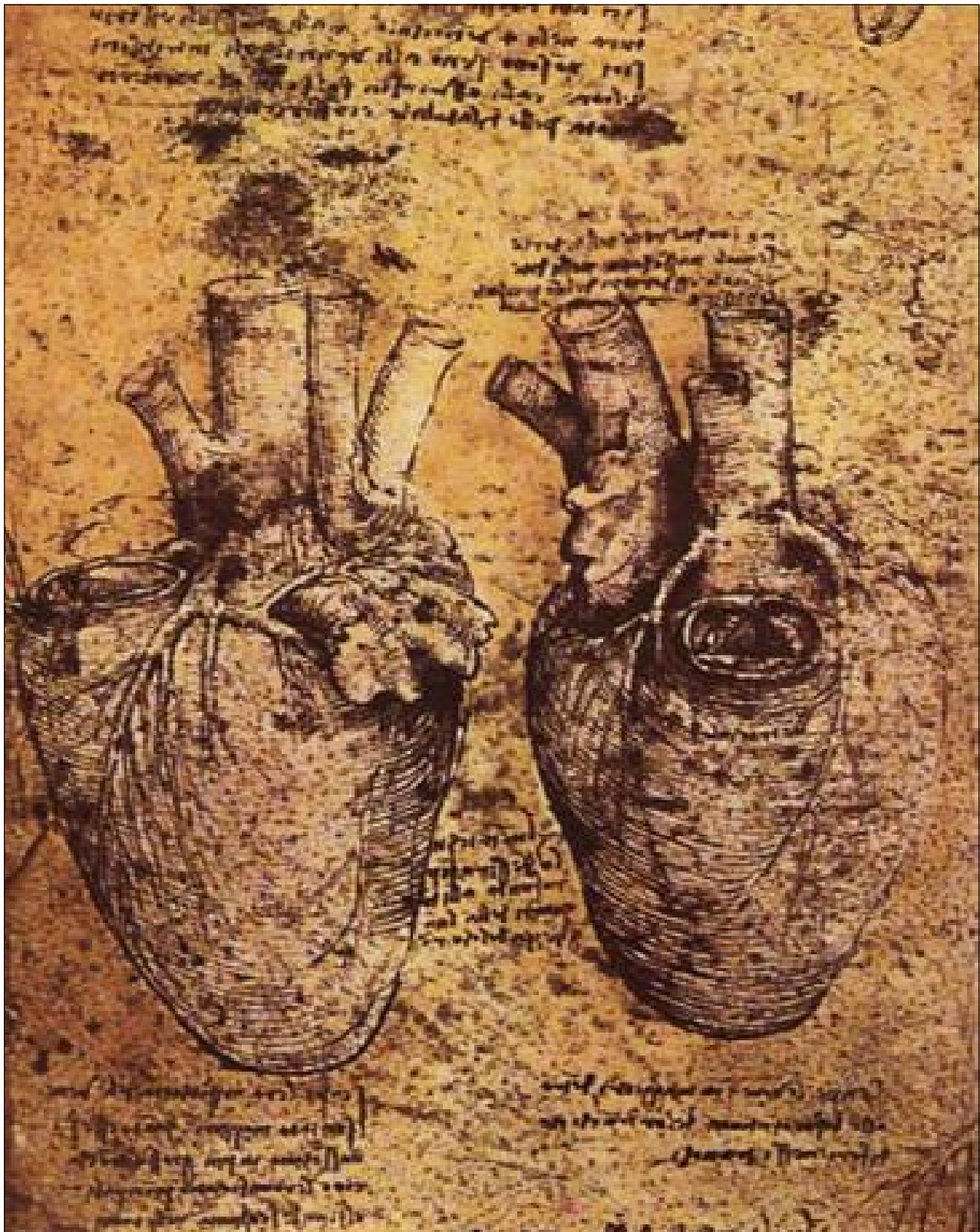
Treatment: Tooth pain and cavities can be cured with any *cure* spell but is most commonly cured mechanically (i.e., by pulling the tooth out). Once teeth are lost, they can only be restored by a *regenerate* spell or similar magic. A successful Heal check made once per year prevents tooth loss.

The Tooth Fairy

To give your players a chuckle (or perhaps a groan), consider that in a magical world there might actually be Tooth Fairy-esque creatures. And, in a magical world, fairies are quite often not very nice ...

Table 2.1

Age Category	DC
Adulthood	20
Middle Age	30
Old	40
Venerable	50



Chapter 3: The Chest

If the head contains some of the most complex organs in the body, the chest is all the more alarming for containing such seemingly simple ones, since so much can go wrong with them. Most people eventually die because of something that goes wrong in the chest, as opposed to the head or the abdomen. Maladies of the chest include lung disease and heart disease, both of which can easily be fatal and, perhaps more importantly, are also extremely common.

Asthma

Also known as: Reactive airway disease, baby's lung, city breathing.

Ages: Any, but usually begins before Adulthood.

Description: Asthma is a reversible constriction of the larger and medium-sized airways leading to the lungs, usually in response to some trigger (e.g., cold, exercise, allergies). Asthma has received much attention among scholars because of its prevalence in cities and larger towns and comparative rarity in rural regions. The most common symptoms of asthma include a chronic cough which is worse during the night, shortness of breath when exercising, and a “tight” feeling in the chest, especially when around dust or animals. Typically, asthma has a “steady state” wherein a sufferer might have mild symptoms or none at all, punctuated by “acute attacks” in which breathing becomes much more difficult. During an attack, breathing, particularly exhaling, becomes difficult and the sufferer may wheeze loudly or cough. Attacks may be mild, debilitating, or — in rare cases — deadly, and are usually associated with some trigger, such as pipeweed smoke, dust, furry animals, or perfume. A cold or other infection can be much worse in the presence of asthma. Stress can trigger an attack. Some healers in the past believed that asthma was a purely psychological condition, although this belief is no longer widespread.

A creature born in a large city (greater than 1,000 people) or in a region with poor air quality (e.g., cold climates, high elevation, near leather tanneries or coal mines) is at much greater risk of developing asthma. Scholars believe the disease is relatively common among Elves despite their clean forest environments, and it may help account for their high proportion of scholars and artists. Curiously, it is almost unknown among Orcs, Half-Orcs, and Goblinoids, leading some to suggest that poorer hygiene and “naturally” dirtier conditions may be somehow protective against asthma.

Mechanics: A creature with asthma, under normal

circumstances, suffers little to no penalty, depending on disease severity. A creature with the mild or moderate form of the disease suffers no penalties at baseline. With the severe form of the disease, the creature suffers –2 to Constitution at all times. When exposed to a trigger, the creature must make a Fortitude save (see Table 3.1). Failure means the creature suffers an acute attack, during which the creature suffers an additional –2 penalty to Constitution for 1d10 minutes in mild asthma, –4 for 1d4 hours in moderate asthma, and –6 for 2d20 hours in severe asthma. The creature is considered sickened during this time.

Table 3.1: DC Versus an Acute Attack

Severity/# of Triggers	1	2	3	More
Mild	5	10	15	DC rises by +5
Moderate	10	15	20	DC rises by +5
Severe	15	20	25	DC rises by +5

Treatment: *Lesser restoration* ends an acute attack of mild or moderate asthma. *Restoration* ends a severe attack. *Remove disease* has no effect on acute attacks but will alleviate baseline symptoms and prevent an acute attack for one week. A *Necklace of Adaptation* prevents all acute attacks while worn.

The plant belladonna, sometimes known as deadly nightshade, relieves asthma symptoms and can be lifesaving during a severe attack. The plant leaves are burned and inhaled to avoid its other poisonous effects. When these fumes are inhaled for five minutes, the Constitution penalty associated with the attack ends for half an hour, at the end of which the creature makes a new Fortitude save versus an acute attack with a +4 bonus. Other common treatments include drinking owl's blood or eating crocodile droppings, but these are of dubious benefit (and, unless the GM wants them to, have no in-game effects). The Heal skill otherwise has no effect on asthma.

Insults & Injuries

Chronic Obstructive Pulmonary Disease

Also known as: Bellows chest, voluminous lungs, catarrh, goldsmith's cough.

Ages: Any, but usually Old or older.

Description: Chronic obstructive pulmonary disease (COPD) describes two diseases that often occur together, emphysema and chronic bronchitis. The mass of the lungs is made up of countless tiny sacs ("alveoli"). When toxic substances like smoke enter the lungs they can trigger inflammation, which destroys tissue. As alveolar walls are destroyed, more of the lung is made up of empty space that is not useful for taking in oxygen or getting rid of carbon dioxide. With less tissue and more empty space inside them, the lungs lose their elasticity and it becomes difficult to exhale. The lungs become larger and, if the disease progresses sufficiently, the victim's rib cage may visibly expand outward in what is known as a "barrel chest." The sufferer experiences progressive difficulty breathing that worsens over a course of years. At the same time, the enlarged air spaces in the lungs increase risk of infections, and many sufferers eventually die of pneumonia.

The most common cause of COPD is prolonged smoke inhalation. Pipeweed and smoke-filled workplaces are together thought to account for some 80-90% of cases in some societies. Gold dust is a less common cause. More rarely, COPD may run in families and occur without a particular cause, often at a

younger age.

The first sign of the disease is often a chronic cough that worsens in cold weather. Sufferers begin to feel that breathing takes more effort and find it difficult to engage in strenuous activity. In the advanced stages of the disease, a sufferer feels that it cannot get enough air even when resting.

Mechanics: A creature who is frequently exposed to irritants such as hazardous smoke, gasses, or chemical fumes must make a Fortitude save each year with a DC of 10 +1 for each year of exposure. The first time a creature fails this save, it takes one point of permanent Constitution drain. The second time a creature fails this save it takes an additional point of Constitution drain and becomes symptomatic. Thereafter, it becomes fatigued more easily and strenuous movement makes the creature fatigued in half the normal time (e.g., hustle, forced march). The third and final time a creature fails the yearly Fortitude save, it takes one final point of Constitution drain and begins to suffer from the severe form of the disease. Thereafter, the victim is fatigued at all times and any activity which would normally cause fatigue now causes exhaustion instead.

A creature that is symptomatic takes a -4 penalty to Stealth skill checks due to coughing and labored breathing. A creature with the severe form of the disease has a 5% spell failure chance due to difficulty breathing.

A creature in the early stages of the disease has a 10% chance per year of developing pneumonia. A creature with the severe form of the disease has a 20% chance per year of developing pneumonia.

Treatment: *Remove disease* "resets" the DC of Fortitude saving throws as if the creature had never been exposed to irritants. Because the lungs have actually been destroyed, however, nothing short of a *restoration* spell will cure ability drain or alleviate other symptoms. The most important treatment for COPD is avoiding the irritant that caused it, particularly pipeweed and other forms of smoke. Doing so will not reverse damage that is already done but stops the disease from getting worse. The Heal skill otherwise has no effect on COPD.

Common Cold

Also known as: Coryza, chest cold.

Ages: Any.

Description: One of the most prevalent diseases in the world, the common cold is a viral upper respiratory illness usually causing cough, sore throat, runny nose, fatigue, and fever. Usually a mild infection, a cold is generally not dangerous and



Chapter 3: The Chest

disappears in its own time. After being exposed to someone who has a cold, a creature will usually develop symptoms two to four days later. The sufferer usually feels worst around the third day of symptoms. Within a week, most people have completely recovered, although some colds can persist for upwards of three weeks.

Mechanics: A cold lasts 2d6 days minus a creature's Constitution modifier, to a minimum of 1 day. During the two to four peak days of a cold — if a cold lasts more than two days — the creature is fatigued.

Treatment: *Remove disease* instantly cures a common cold and ends all penalties associated with it. Because the common cold is prevalent, countless folk remedies exist, such as drinking honeyed tea, inhaling certain crushed herbs, or washing the sufferer's chest with holy water. Many such treatments are believed to be very effective because, of course, the disease disappears within three or four days of initiating therapy. Chicken soup does shorten the duration of a cold by 1d2 days, to a minimum of one day. The Heal skill otherwise has no effect on the common cold.

Flu

Also known as: Influenza, sweating sickness.

Ages: Any.

Description: Influenza, better known as the flu, is a disease surrounded by much confusion. Many illnesses are mistaken for the flu, including chest colds and gastroenteritis. True influenza is usually a fairly severe viral infection, most often manifesting as cough, sore throat, fever, muscle pain, chills, and a general sense of “feeling sick.” Influenza is thought to be one of the deadliest infections known, causing hundreds of thousands of deaths each year. Most of these deaths occur in the very old, the very young, or the already ill. Most young, healthy people who



contract the flu will merely be incapacitated for a few days. Once or twice per century, however, a particularly virulent strain of the flu may appear that, for reasons unknown, kills the young and healthy almost preferentially.

Influenza is transmitted by aerosols mostly released by coughs and sneezes. Once out in the world, influenza survives less than five minutes on skin but can remain infectious on clothing for up to 12 hours and on hard surfaces for up to two days (e.g., doorknobs, sword pommels). Signs and symptoms of the flu usually begin one to two days after infection. The infected person becomes infectious themselves about one day before symptoms appear and remains so for about a week; they are most infective during the first few days. Flu symptoms usually start to improve within two to seven days, although fatigue can persist for one to two weeks after cough and fever disappear.

Most people who contract the flu recover completely. In some cases, however, influenza leaves an individual open to a pneumonia (q.v.).

Mechanics: A creature exposed to the flu usually starts to feel ill one to two days later, initially becoming sickened for 1d2 days and then staggered for 1d8 days minus its Constitution modifier (minimum 0 days). Every day a creature remains staggered, it must make a DC 10 Fortitude saving throw. Failure on two consecutive saves indicates that the flu has progressed to a pneumonia. If the creature succeeds on this save, it becomes sickened for the remainder of the disease's duration, during which time it is usually not contagious and no longer coughing or feverish.

Epidemics and Pandemics

One of the most fun and horrific ways to incorporate a disease into your game is as an epidemic (a widespread outbreak where many more people than normal are infected) or a pandemic (an epidemic over an unusually wide geographical area). Influenza is a very good disease for these storylines. When thousands (perhaps millions!) of people are infected and ill, players will have to do more than just memorize extra spells to stop it.

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Treatment: *Remove disease* cures the flu and prevents re-infection by that strain (usually conferring immunity for about one year).

Countless folk remedies exist for the flu, none of which are particularly effective. Generally, the best treatment is rest and fluids. A Heal skill check may be made each day to prevent onset of pneumonia.

Heart Attack

Also known as: Myocardial infarction, kingslayer.

Ages: Old or older.

Description: Heart attack is perhaps the deadliest disease that most people have never heard of. In regions without an abundance of healers, when someone dies of a heart attack caretakers usually cannot determine the cause of death and so it is simply attributed to “old age.” While heart attacks have many classic symptoms, the relative rarity of this disease and the extremely variable ways it can present itself mean that even many educated Clerics and healers fail to recognize it. The only places where heart attacks are generally recognized are the courts of nobles and kings, because it is only among nobility that the disease is moderately common. This is because the main risk factors for heart disease are obesity, a fat-rich diet, and a lack of exercise, and most peasants

and townspeople simply cannot afford enough meat, fat, and leisure time to be at risk. Generally, only the very rich can afford to live unhealthily enough to be at risk for heart attacks, and many of those who are at risk will die of another illness first. Therefore, in those circles where heart attacks are recognized they are often referred to by the epithet “kingslayer.”

The heart is a pump-like organ about the size of a fist, the walls of which are made up of muscle. A heart attack is damage to the wall of the heart caused by insufficient oxygen reaching the muscle. Usually, this is due to accumulation of “atherosclerotic plaques” — small blockages made up of fat and blood cells — that build up inside the blood vessels that feed the heart. If a blockage grows large enough to block the blood, or if a plaque in a large blood vessel breaks into fragments that are big enough to block small blood vessels downstream, the heart muscle cannot get enough oxygen. Chest pain (“angina”) results and, if enough time passes before blood flow improves, the heart becomes damaged.

About 80% of people who suffer one heart attack survive even without the aid of a healer, but many suffer long-term weakness. If a large enough area of the heart is left without oxygen, a scar can form and the organ’s ability to pump is reduced, which can increase the creature’s risk for another heart attack. Not all heart attacks are obvious. Of those that do not cause death, about one in four are “silent” and produce no symptoms. The majority of others are misinterpreted as chest pain of one sort or another (e.g., heartburn, muscle pain, old wounds). Weakness or loss of strength due to these heart attacks might be attributed to age and ignored, but eventually damage to the heart is too severe and either the heart fails or a particularly severe heart attack proves to be lethal.

Mechanics: A creature suffering a heart attack may suffer any penalties the Game Master deems appropriate, from no penalties to outright death. Most commonly, a creature must immediately make a DC 15 Fortitude saving throw or be reduced to –1 hit point and be dying. Success on the Fortitude save leaves the creature shaken and overcome with a sense of impending doom or wrongness, as well as a crushing chest pain, both of which fade over 2d20 hours. A creature who survives a heart attack will be fatigued for 1d4 weeks and take 1d4 points of permanent Constitution drain and 1d2 points of temporary Strength and Dexterity damage.

Treatment: *Remove disease* prevents ability score drain and damage associated with a heart attack if cast within six hours of the pain beginning. After six hours, nothing short of a *restoration* spell will restore



Chapter 3: The Chest

ability damage.

A DC 15 Heal skill check may be made immediately after a creature's own initial Fortitude save to prevent the creature from dropping to -1 hit point and be dying, simply reducing it to 1 hit point instead.

Heartburn

Also known as: Gastroesophageal reflux disease (GERD), indigestion.

Ages: Any, but more common in late Adult or early Old.

Description: Heartburn is a burning pain caused by acid from the stomach rising into the esophagus or throat. A fairly common disease, about half of all people experience heartburn at some time in their lives, although relatively few of them suffer it on a regular or frequent basis (i.e., about one in 10). The disease is rarely dangerous, but it can contribute to lung damage if gastric acid rises high enough to spill into the lungs and increase the risk of esophageal cancer.

The pain of heartburn is usually a burning, acidic sensation in the center of the chest behind the breastbone/sternum. Often, it feels as though the pain moves up and down or rises toward the neck. The pain can trigger coughing or cause a hoarse voice and may be mistaken for heart pain.

Many substances can trigger or worsen heartburn. Pipeweed is thought to be one of the worst culprits, as are acidic drinks and juices. Large meals may cause more pain than smaller and more frequent meals. Coffee and alcohol can also trigger more severe heartburn.

Mechanics: A creature is most likely to suffer heartburn after eating, especially if they lie down to sleep within two to three hours of a large meal. If heartburn is severe enough to prevent sleep, a creature might become fatigued or exhausted, but otherwise heartburn has no in-game effect.

Treatment: Any *cure* spell will relieve the pain for a number of hours equal to one plus the spell level.

A creature that becomes resistant or immune to acid damage ceases to suffer from heartburn.

The most common treatment for heartburn is to eat or drink a base to neutralize the acid. Milk is a common treatment, and people in some societies swallow the powder of ground-up seashells, eggshells, or small bones. It is not uncommon for heartburn to be treated with a shot of strong liquor and, despite the fact that this usually worsens the pain, it remains a popular therapy.

A DC 10 Heal skill check alleviates the creature's pain for one day and prevents sleep disturbance.



Pneumoconiosis

Also known as: Artisan's disease, Dwarf-lung, black lung, silicosis, siderosis, etc.

Ages: Any, although usually several years of exposure to a harmful dust is required.

Description: Pneumoconiosis is a category of "restrictive" or "fibrotic" lung diseases that are caused by long-term exposure to inhaled dust particles, particularly coal (coal miners), silica (glass grinders, desert nomads), and iron (blacksmiths, key makers). Dust accumulates in the lungs and causes inflammation, which leads to scarring. The lungs lose their ability to expand and it becomes harder to inhale. Diseases manifest similarly in the short term regardless of the type of dust: the sufferer develops shortness of breath, which gets worse over the course of years, often with a cough. In the long term, each form of pneumoconiosis may show somewhat different traits, and each may predispose the victim to a slightly different form of cancer.

The most common and well-known form of pneumoconiosis is coal-worker's lung, also known as black lung (because if the lungs are examined after death they are black with carbon). Pneumoconiosis is known to all races who dig extensive mines. After violence and trauma, it is thought to be one of the most common causes of death for Dwarves and is so associated with their mining operations that the disease itself is often known to other races as Dwarf-lung.

Mechanics: A creature that is frequently and regularly exposed to dangerous dusts without protection (e.g., masks, proper ventilation, *Necklace of Adaptation*) must make a Fortitude saving throw each year with a DC of 5 +1 for each year it has been exposed. Failure results in one point of Constitution loss, and all subsequent annual Fortitude saves are made at an additional cumulative +2 difficulty. A creature who fails two saves is permanently fatigued.

Treatment: *Remove disease* and *heal* reduce the

Insults & Injuries

Dust to Dust

The word “dust” in the case of pneumoconiosis usually refers to a powdered form of stone or metal. Normal household dust — usually a combination dust mites, sand, skin cells, and the like — does not cause pneumoconiosis.

difficulty of subsequent Fortitude saves by 4 and remove a creature’s permanent fatigue. *Restoration* cures all Constitution drain, eliminates fatigue, and “resets” subsequent annual Fortitude save DCs as if the creature had never been exposed to harmful dust.

A successful Heal skill check once per year prevents Constitution drain (with a DC the same as the annual Fortitude saves).

Pneumonia

Also known as: Lung fever.

Ages: Any.

Description: Pneumonia is thought to be one of the most common causes of death in the world across almost all mortal races. Pneumonia is often the end stage of diseases such as COPD, the flu, and pneumoconiosis (q.v.), and it is a common cause of death for individuals suffering from paralysis or reduced mobility or inability to walk. It is a common condition in alcoholics and sufferers of dementia and other conditions where there is increased risk of food and drink getting in the lungs. It is one of the most common causes of death in pipeweed smokers. It is rapid and potentially quite lethal.

Pneumonia is a state of inflammation of the lungs. Most commonly, this is due to an infection (usually bacterial or viral). It can be caused by anything that irritates the lungs, such as inhaled food and stomach acid (“aspiration pneumonia”), smoke (“chemical pneumonitis”), or allergens and drugs (“eosinophilic pneumonia”). As a general rule, most pneumonias manifest as cough, chest pain (worse on the sides than in the middle), fever, and difficulty breathing. Breathing often becomes fast and shallow, often with gasping for air. If severe, the lips and nails may take on a bluish tinge.

Most cases of pneumonia — particularly viral pneumonia — are relatively mild and will disappear on their own within one to three weeks. Extremely mild pneumonia may be mistaken by the sufferer for a cold or flu. Pneumonias caused by bacteria tend to be more severe and some 40-70% of bacterial pneumonia sufferers will die without the aid of a healer. Most of those who die of pneumonia are people

who already had some lung damage or other health problems.

Mechanics: Upon contracting pneumonia, roll 1d4. On a roll of 1-3, the creature becomes sickened for 1d3 weeks. The creature suffers a –4 penalty to Stealth skill checks due to coughing. On a roll of 4, the creature is suffering from a particularly severe pneumonia. For 1d4 weeks, the creature is considered to be exhausted at all times and each night must make a DC 10 Fortitude save or take one point of Constitution damage that does not begin to heal until the illness ends.

Treatment: *Remove disease* cures the pneumonia but does not cure existing ability damage, although ability damage can now be healed as normal. *Lesser restoration* or *restoration* can cure Constitution damage but does not prevent further loss if the pneumonia has not run its course; the creature is no longer exhausted but becomes fatigued if it fails another Fortitude save before the disease ends.

A DC 10 Heal skill check may be made each day to prevent Constitution damage.

Tuberculosis

Also known as: Consumption, TB, phthisis, white plague.

Ages: Any.

Description: Tuberculosis is an ancient disease that has been found present in mummified bodies dating back ten-thousand years. At certain points in history it has been identified as the most widespread disease of the era — although because scholars during those periods were often unaware of the existence of entire continents this striking statement should be taken with care. Tuberculosis is a disease that most commonly affects the lungs, although it can have more systemic effects. It is most commonly known as consumption because those who suffer from it seem to be consumed from within, becoming weaker and smaller until they die. It is also known sometimes as the white plague because of the pallor that most sufferers develop. It is estimated that one in every three living humanoids will be infected with the disease during their lives, although fortunately the majority of cases are asymptomatic, non-contagious, and rapidly fought off.

Classic symptoms of tuberculosis include a chronic cough with large amounts of often-bloody sputum, chest pain, fever, sweats, and significant rapid weight loss. Sufferers often become pale and fatigued and will sometimes be treated for presumed vampire bites before being recognized as ill.

Tuberculosis forms a mass in the lungs that degrades tissue around it, causing blood to spill and

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be coughed out. Breathing becomes harder, and at the same time disease organisms enter the blood and begin to damage other organs. The infection often waxes and wanes over time until, finally, the sufferer develops a severe pneumonia and dies or suffers lethal damage elsewhere in the body.

Tuberculosis is spread by cough, although infected creatures can spread it when they sneeze or even when they speak. A creature infected with tuberculosis becomes contagious three to four weeks after infection.

Untreated, tuberculosis is deadly in 50% of cases.

Mechanics: A creature who comes into ordinary contact with a carrier of active tuberculosis (see below) has a 10% chance of being exposed per encounter. A creature who lives with or is otherwise in frequent close contact with a carrier has a 25% chance each year of exposure. A creature who is exposed must succeed on a DC 10 Fortitude save or become infected. Once infected, there is a 90% chance that the infection will be latent and asymptomatic and a 10% chance that it will be active. Each year that a creature has latent tuberculosis, there is a 10% chance that the infection will become active.

A creature suffering from active tuberculosis develops a painful cough, often producing blood, 2d2 weeks after infection; at this point the creature is contagious. Each month that the creature suffers from the active disease, it must succeed on a DC 18 Fortitude saving throw or suffer one point of permanent Constitution drain. A creature who succeeds on three consecutive Fortitude saves clears tuberculosis from its system, stops coughing, and is no longer contagious. The creature does not, however, become immune and remains at risk of contracting tuberculosis again.

Treatment: *Remove disease* cures tuberculosis instantly; Constitution drain must be healed with a *restoration* spell or similar magic. The Heal skill cannot cure tuberculosis, but a DC 18 Heal skill check may be made each month a creature is sick to prevent Constitution drain and help fight off other infections.

In many nations, victims of tuberculosis are rounded up and quarantined in camps or sanatoriums to limit the spread of infection. This does not make a creature any more likely to cure itself, but does protect the rest of the population.





Chapter 4: The Abdomen

Unlike the head, which is safely encased in bone, and the chest, which is partially protected by the ribs, the abdomen is a large and squishy area that contains a lot of very important and very delicate structures. Swelling of the abdomen is one of the first signs of many diseases, and pain in the abdomen is one of the first signs of many others. Consider how much pleasure most people derive from eating — and how much anxiety — and you will see right away why the abdomen is so important. The abdomen is also the site where diseases are most likely to be treated surgically, which opens up a whole new level of complexity in their care (the mechanics for which are discussed in Chapter 14: Surgery).

Appendicitis

Also known as: Bowel stone, squire's belly.

Ages: Any, but most commonly in Adulthood.

Description: Appendicitis is an important disease that, depending on the culture of a region, may or may not be well understood. Some 10% of people will suffer from appendicitis during their lifetimes, and the outcome of the disease from one to another might be very different depending on their access to healers. Appendicitis, under whatever name or explanation it is known, is famous for causing a particular pain. The pain starts at the belly button and, with time, moves to a characteristic spot in the lower right part of the abdomen.

Appendicitis is an inflammation of the appendix, a small worm-like pouch coming off the bowels at the cecum, where the small intestine becomes the large intestine. This inflammation might be caused by something hard getting stuck in the pouch's opening, or by an infection causing the immune-responsive tissue of the appendix to swell up. Either way, blood flow to the appendix is cut off and the tissue starts to die, causing pain. The disease is most likely to occur in young Adulthood because this is the age when the immune-responsive tissue of the appendix is already at its largest size and less swelling is needed to cut off blood flow. The disease is sometimes known as “squire's belly” in noble courts because young squires are often diagnosed with the disease: they are at the right age, their health is often closely scrutinized, and they have access to their masters' healers when they become ill.

Healers whose anatomical educations are based on dissections of animals may have no idea that the appendix exists, because monkeys — one of the species most commonly dissected to learn about human anatomy — do not have them, although well-schooled healers with a firm grasp of Human anatomy know what and where the appendix is. A healer who

uses magic to treat appendicitis does not need to know its details, but a healer who intends to cure through surgery had best know what to look for and remove.

Without any treatment, about 10% of appendicitis cases will resolve on their own without becoming life-threatening. Of those, about 40% will have a second episode of appendicitis, usually within one year, with another 10% chance of resolution. If appendicitis does not disappear on its own and is not treated, the appendix may burst, letting bacteria and digested food spill into the abdominal (“peritoneal”) cavity. If this happens, it is lethal in more than 50% of cases.

Mechanics: When appendicitis begins, a creature becomes fatigued due to severe pain and takes one point of nonlethal damage per hour. If nonlethal damage becomes equal to or greater than the creature's Constitution score, the creature becomes exhausted. After 1d3 days, either the appendicitis resolves or the appendix bursts. Roll 1d10; on a 10, the creature recovers and may overcome nonlethal damage and exhaustion or fatigue with rest as normal. Otherwise, the creature must make a DC 15 Fortitude save. Success means the creature is nauseated for 1d3 days, then sickened for 1d6 days, and then recovers. Failure means the creature's condition deteriorates and it dies within 1d4 days or when accumulated nonlethal damage brings the creature's HP to 0.

Treatment: *Remove disease* cures appendicitis instantly and eliminates all penalties associated with pain, but the creature has a 40% chance of developing appendicitis again within one year. Any *cure* spell alleviates the creature's pain but will not prevent rupture (i.e., it merely cures the nonlethal damage).

The Heal skill cannot be used in place of a creature's Fortitude save to prevent deterioration and death. A creature with the Heal skill may attempt to surgically remove an inflamed appendix (see Chapter 14: Surgery). A creature whose appendix ruptures or is removed cannot develop appendicitis a second time

Insults & Injuries



(unless, for some reason, the appendix is regrown, as with a *regenerate* spell or the regeneration ability).

Cirrhosis

Also known as: Drinker's liver, fatty liver.

Ages: Usually Old, sometimes Adult.

Description: Cirrhosis is a general term that describes damage to the liver followed by scarring. The liver is one of the few parts of the body with natural regenerative ability, but when damaged extensively over time or by autoimmune diseases the normal regeneration can result in replacement of healthy liver cells with non-functioning scar tissue. The liver slowly loses its ability to perform its normal functions, such as removing toxins from the blood and producing the chemicals that allow blood to clot normally. The most common cause of cirrhosis is alcohol, but viruses — especially hepatitis B and C — and some autoimmune or genetic disorders can cause it as well.

One of the first signs of cirrhosis is ascites, swelling due to a collection of fluid in the abdomen, and this can look as though someone has quickly put on a lot of weight. One of the liver's jobs is to produce proteins, and these help to balance how much water is in the blood and how much is in the tissue. When the amount of protein in the blood falls, water flows out of the blood vessels and into the tissues and collects in the abdomen, causing ascites. Cirrhosis also commonly causes a form of confusion known as hepatic encephalopathy. This usually-reversible condition is thought to happen because of the accumulation of chemicals in the blood that the liver would normally

be removing. Although it may not last long, encephalopathy may occur many times. As the liver continues to fail, blood also stops clotting properly, leading to easy bleeding and bruising.

Mechanics: A creature who drinks heavily (i.e., a number of drinks per day equal to their Constitution modifier +2) for 10 years has a 1% cumulative chance each year of developing cirrhosis over their lifetime.

The first sign of cirrhosis is development of ascites, and this is reflected by treating the creature as if it is carrying 10 pounds more equipment at all times for purposes of encumbrance and movement speed.

When a creature has suffered cirrhosis for 2d6 years, its liver is sufficiently damaged that it begins to suffer bleeding disorders. Wounds dealt to the creature by slashing and piercing attacks inflict an additional 1 point of damage due to blood loss. A wound that deals damage exceeding the creature's Constitution score also inflicts 1 point of bleed damage.

Each year that a creature has cirrhosis, roll 1d2 times on the chart below.

Table 4.1

D6	Complications of Cirrhosis
1	Nothing happens
2	Nothing happens
3	Nothing happens
4	Nothing happens
5	Infection; Fortitude save versus DC 15
6	Hepatic encephalopathy

Infection indicates that the creature develops peritonitis, an infection of the extra fluid in their abdomen. If the creature succeeds on the Fortitude save, it is sickened for 2d10 days. If the creature fails the Fortitude save, it takes 2d2 points of Constitution damage each day for 2d10 days.

A creature suffering from hepatic encephalopathy suffers 2d4 Wisdom damage. A creature whose Wisdom drops below 3 due to this penalty is confused, disoriented, and has little understanding of where it is or who is around them, but still responds to Diplomacy skill checks. A creature who takes six or more points of Wisdom damage in this fashion must make a DC 15 Fortitude save. Failure indicates that 1d3 points of Wisdom damage instead become Wisdom drain. Temporary Wisdom damage heals normally and the encephalopathy is considered to be over over when Wisdom returns to normal.

Each year that a creature survives with cirrhosis, it has a 1% chance of developing liver cancer (see Chapter 6: Cancers).

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Treatment: *Remove disease* cast on a creature who has not yet developed cirrhosis undoes existing damage and no checks to develop disease are required for a further 10 years. *Remove disease* cast on someone suffering from cirrhosis ends an infection and encephalopathy and prevents their recurrence for one year, though a *restoration* spell is required to restore permanent Wisdom drain. A *regenerate* spell is required to reverse cirrhosis.

The Heal skill cannot be used to prevent Constitution damage due to peritonitis, but healing of damage can still be accelerated with Heal skill checks applied to long-term care. The Heal skill can be used to aid a creature's Fortitude save against Wisdom drain.

A creature who entirely stops drinking alcohol no longer needs to make annual checks for the development of cirrhosis or complications of cirrhosis but does continue to be at risk for liver cancer.

Gallstones

Also known as: Glutton's curse, feasting pains.

Ages: Any, but usually Middle Age or older.

Description: The gallbladder is a small, sack-like organ attached to the underside of the liver in most races. Bile, a liquid that is produced in the liver, is stored in the gallbladder between meals and gets released when food — especially fatty food — is eaten. Bile passes through a series of small ducts to enter the small intestine, where it aids in digestion and the absorption of fats. If the bile is left to sit stagnant or the salts and chemicals that make it up are out of balance, it begins to thicken into a sludge and stones can form. Stones can remain in the gallbladder for years without causing any problems, and asymptomatic gallstones can be found in the gallbladders of many people who die of other causes. Stones of certain sizes can block the gallbladder's exit, however, or leave the bladder and block the bile ducts, causing pain.

Pain usually begins after a fatty meal and typically at night. The pain is worst in the right upper abdomen, but some sufferers experience it in the upper back or shoulder. Jaundice, a yellowing of the skin and whites of the eyes, can occur. The pain usually lasts 30 to 90 minutes and then fades.

Mechanics: A male creature has a 0.5% chance each year of developing gallstones. A female creature has a 1% chance each year until Old, at which point her risk drops to 0.5%. A creature with stones has a 2% chance each year of developing symptoms. When it eats, it must make a DC 15 Fortitude saving throw, suffering an attack on a failed save. At the Game

Master's discretion, a -4 penalty may be applied if the creature has eaten particularly fatty foods. During an attack, the creature is staggered for 3d4 x 10 minutes.

A creature who suffers gallstone pain — not merely gallstones — has an additional 20% chance each year of developing inflammation or infection of the gallbladder ("cholecystitis"). This initially feels like a regular attack of pain but persists for hours. The creature must make a DC 20 Fortitude save. Success means that the creature is nauseated for 1d3 days, then sickened for 1d6 days, and then recovers. Failure means the creature's condition deteriorates and it dies within 1d4 days.

Treatment: *Remove disease* ends an episode of pain regardless of whether it is an ordinary attack or cholecystitis, and renders the creature immune to further attacks for 1d6 weeks. A *shatters* spell targeted on the creature destroys accumulated stones; the creature has the same base chance (0.5-1% each year) of developing new stones thereafter.

The Heal skill has no effect on Fortitude saves against acute attacks of pain or against deterioration in cholecystitis. A creature with the Heal skill can attempt to surgically remove a gallbladder at any time prior to a sufferer's death, which ends all pain and renders the creature immune to further stones (see Chapter 14: Surgery). A creature whose gallbladder is removed after failing the DC 20 Fortitude save remains nauseated for 1d2 days, and then must simply recover from the surgery.

Hernia

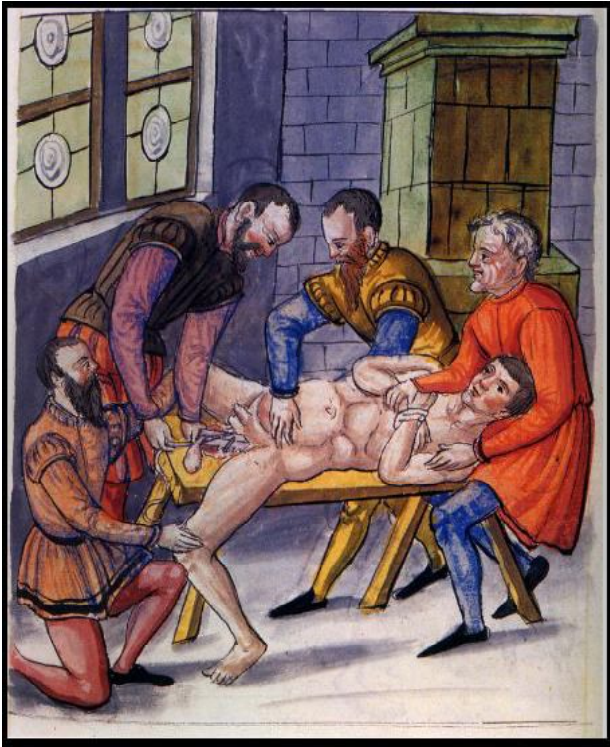
Also known as: N/A.

Ages: Any.

Description: The word "hernia" refers to the protrusion of all or part of an organ through a wall. Tissues that can herniate include the brain (out of the bottom of the skull), the stomach (up through the diaphragm), and vertebral disks (through the ligaments that hold them in place). Most commonly, though, the word "hernia" refers to an inguinal hernia, a bulge in the groin caused when a weakness in the inner surface of the body wall allows a loop of intestine to push through. From the outside, the person may look as though they have a big, round swelling a few inches down and just off to the side from the belly button. If the hernia is small, there might be nothing visible until the person coughs or strains, when it bulges outwards and then retracts.

Hernias are extremely common among humanoids. About one in eight males will suffer one during its life, although only about one in 75 females will.

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Hernias are rarely painful and often cause no problems whatsoever. The danger of a hernia is that, as the intestine passes through the small opening into the bulge, it can become stuck (“incarcerated”), and this can cut off its blood supply (cause it to become “strangulated”). Pain develops rapidly, and if it is not quickly corrected the intestinal wall can die and rot. Most humanoids have a 1% chance per year of a hernia becoming strangulated. Elves, being generally of slighter build than other humanoids, are at greater risk of developing hernias; one in five male Elves and one in 50 female Elves will experience a hernia, and their risk of strangulation rises to 2% per year. Inguinal hernias have never been observed in Halflings, although scholars have yet to determine why this might be.

Healers believe that hernia surgery was probably

“Need to Know” Information

If you are really interested in details, you should distinguish the three major types of inguinal hernia that have different at-risk groups and risks of complication (direct, indirect, and femoral). For most GMs and players, what is already listed here is more than enough.

one of the first surgeries ever performed. Bodies in ancient ruins thousands of years old have been found with signs that crude surgery was done in the right area. Surgical techniques have varied tremendously between regions and across time periods. The biggest difference currently observed is whether or not a hernia in a male requires amputation of the testicles as well; most surgeons alive today argue against this practice.

Mechanics: Generally, a hernia has no in-game effect on a creature. When a hernia becomes strangulated, the creature experiences sudden severe pain and is sickened. The strangulated bowel becomes gangrenous within 6d4 hours, at which point the creature becomes nauseated. Without treatment, the creature takes 1d4+1 points of Constitution damage per day for two weeks, at the end of which a surviving creature has fought off infection, becomes sickened for 1d2 weeks, and recovers fully once all Constitution damage heals.

Treatment: A *cure* or *heal* spell cast on an asymptomatic hernia or a strangulated but not yet gangrenous hernia cures the malady, although there is a 5% chance per year that the hernia will recur. A gangrenous hernia is instantly cured by *remove disease*, but the hernia remains incarcerated and there is a 5% chance per week that it will strangulate again. A *regenerate* spell cures gangrene and repairs the body wall, eliminating the hernia and preventing the hernia from recurring.

A creature with the Heal skill can attempt to surgically repair a hernia (see Chapter 14: Surgery), which can prevent or cure strangulation but does not cure a creature that has entered the gangrenous stage.

Kidney Stones

Also known as: N/A.

Ages: Any, although most common in late Adult or early Old.

Description: The function of the kidneys is to filter the blood. The kidneys remove excess electrolytes, water, and some toxins from the blood and turn the wastes into urine, which flows down the ureters and into the bladder. Among other things, the kidneys filter calcium and uric acid, which can precipitate out of the urine if their concentration is too high or if the kidneys are damaged and let too much through. Many people pass minute stones without ever noticing, but a stone that grows large enough can cause significant pain as it stretches or damages the ureters. An extremely large stone can be too big to pass through the ureters and cause a blockage. Pain from a kidney stone is usually felt in the side of the abdomen and

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the groin and is often associated with nausea and vomiting. The pain tends to occur in spasms and often begins in the middle of the night, awakening the sufferer from sleep.

Approximately one in 10 people will suffer a painful kidney stone in their lifetimes. People who develop one stone are at risk for more. They are often advised to drink ample water to ensure that solutes in the urine do not become too concentrated.

Mortal creatures who travel to low-gravity planes for long periods of time seem to be at greater risk of developing kidney stones. This is thought to be related to decreased bone formation when less weight is put on the bones, and some scholars suggest doing extra weight-bearing exercise while off-plane to compensate.

Mechanics: A creature suffering from a painful kidney stone is sickened for 1d2 hours and then staggered for 2d6 hours as the pain worsens. The pain disappears suddenly but has a 25% chance of returning for 1d6 days. A creature who has suffered one kidney stone has a 10% chance per year of developing another.

Treatment: Any *cure* spell eliminates all penalties caused by a stone for a number of hours equal to the spell's level. *Remove disease* eliminates the stone, as does a *shatter* spell cast on a creature's abdomen.

The Heal skill has no effect on a kidney stone. A stone most commonly passes on its own, although this can be extremely painful.

Ulcer

Also known as: Gastric ulcer, duodenal ulcer, peptic ulcer.

Ages: Any, but usually late Adult or older.

Description: A peptic ulcer refers to an erosion or wound inside the stomach or the duodenum (the first part of the intestines, which connects to the stomach). Ulcers are fairly common, occurring in 10% of people during their lifetimes. The lining ("mucosa") of the stomach produces powerful acid, primarily to kill ingested bacteria, but also to aid in digestion. To keep this acid from damaging the body's own tissues, the mucosa also produces mucus and other chemicals to protect itself. If the balance between acid and antacid is disrupted, the excess acid can eat away at the lining of the stomach or of the nearby duodenum. Once the wound exists, additional acid burning the wound causes pain.

The major sign of an ulcer is pain in the right upper abdomen at times when there is too much acid. In the case of a stomach or "gastric" ulcer, the pain is worst with eating, as this stimulates production of more

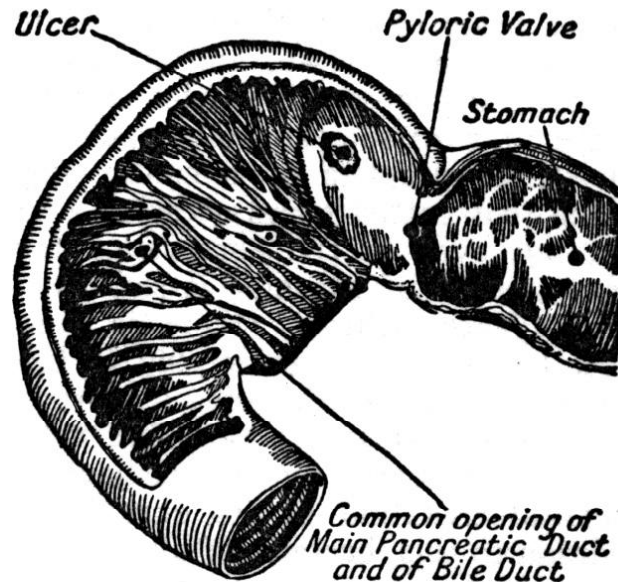
acid. A duodenal ulcer, in contrast, is more painful before eating or several hours after, because eating stimulates the duodenum's natural secretions, which neutralize acid entering it from the stomach. Either type may be more common in different geographic areas.

Some disagreement exists among healers as to what causes ulcers. It is generally accepted that they are caused by increased acid, and some rare cancers seem to contribute. One theory suggests that an infection is responsible for a majority of ulcers, and that if it is cured ulcers will be less likely to form or will heal more quickly. Unfortunately, as most healers and Clerics have never heard of bacteria or have only the vaguest notion of how infections are caused, this explanation is not widely understood or accepted and has not significantly changed treatment.

Mechanics: A creature may develop either a gastric or duodenal ulcer. A creature experiences pain for 1d6 x 10 minutes either with meals (for gastric ulcers) or two to three hours later (for duodenal ulcers). While experiencing pain, a creature suffers a -4 penalty to concentration checks and a -2 penalty on Intelligence- and Wisdom-based skill checks that require mental focus.

Treatment: Any *cure* spell ends current pain and prevents pain for the next eight hours. *Remove disease* eliminates bacterial infections and allows the ulcers to heal naturally within 1d4 weeks or the next time the creature receives any *cure* spell or other spell or effect that heals hit point damage.

The Heal skill has no effect on ulcers.





Chapter 5: The Limbs

Limbs — the arms, legs, hands, feet, fingers, and toes — are often overlooked as sites of disease and are not where one feels ailments like colds, heartburn, or the flu. On the other hand, an adventurer's life and livelihood depend on his or her appendages, be it a Fighter who swings a sword, a Wizard who makes arcane gestures, a Bard who cartwheels around and plays the dulcimer, or a Rogue who picks pockets and cuts purses. Limb diseases may not be lethal but can greatly affect how a creature functions.

Arthritis

Also known as: Joint pain, bad joints, rheumatism.

Ages: Any (for autoimmune arthritis) or Old (for osteoarthritis).

Description: Arthritis is the name for a group of conditions in which there is damage to the body's joints, leading to pain when bending them and often a reduced range of motion. Broadly speaking, two kinds of arthritis exist: **osteoarthritis**, which usually occurs later in life and is when damage to the joint is caused by decades of overuse, and **autoimmune arthritis**, which is when some factor in the body triggers the immune system to damage one or more joints. Osteoarthritis is much more common and, because the concept of autoimmunity is unknown to most healers and clerics, generally the only one thought to exist.

Osteoarthritis most commonly affects the hips and knees and can also cause back pain. Osteoarthritis is caused by simple wear-and-tear on the cartilage that protects the articulating ends of the bones. Exercise in youth is not thought to be the major cause of the illness, and it is no more common in adventurers or wanderers than in less well-traveled individuals. Sufferers usually feel the pain as a sharp ache or burning that is often worst in the evening and at night. Over the course of years, joints become swollen, which is particularly noticeable at the knuckles. A human who lives to the age of 65 has a 60% chance of suffering from osteoarthritis.

Autoimmune arthritis affects about 1% of the population. This category includes many different diseases, each of which has slightly different symptoms, affects a different group of joints, and begins at a particular age. The difference between different types of arthritis are rarely recognized by healers, although it has been noted that individuals who develop arthritis before becoming Old are more easily healed by magic and less easily healed by herbs and medicines.

Races with natural fast healing or regeneration are

immune to the effects of arthritis.

Mechanics: A creature that develops arthritis initially suffers from pain before suffering from loss of mobility. When a creature develops arthritis it begins to suffer a spell failure chance for spells with somatic components equal to the number of years it has suffered from the disease. After a number of years equal to the creature's Constitution modifier +4, the creature suffers 1 point of Dexterity drain, and then an additional point of Dexterity drain each year thereafter.

Treatment: Autoimmune arthritis — meaning arthritis that begins before the middle of Old age — is cured by a *remove disease* spell, which eliminates any accumulated spell failure chance and permanently restores a number of points of Dexterity drained by the disease equal to the creature's Constitution modifier (minimum 1). Any additional drained points must be restored by a *regenerate* spell.

Osteoarthritis is not affected by *remove disease* but is entirely cured by *regenerate*; this spell does not prevent osteoarthritis from recurring, but few creatures will live long enough to sufficiently re-damage their joints. *Restoration* spells have no effect on ability drain due to arthritis.

Many medicines have been used to treat arthritis, ranging from the simple (e.g., strong wines to dull the pain) to the absurd (e.g., ground-up Troll bones). A creature using any sort of medicinal pain control reduces its spell failure chance by 10% (to a minimum of zero) and reduces its Dexterity penalty by 2 (to a minimum of zero) while enjoying their effects. No known medicine prevents long-term accumulated Dexterity loss. The Heal skill otherwise has no effect on arthritis.

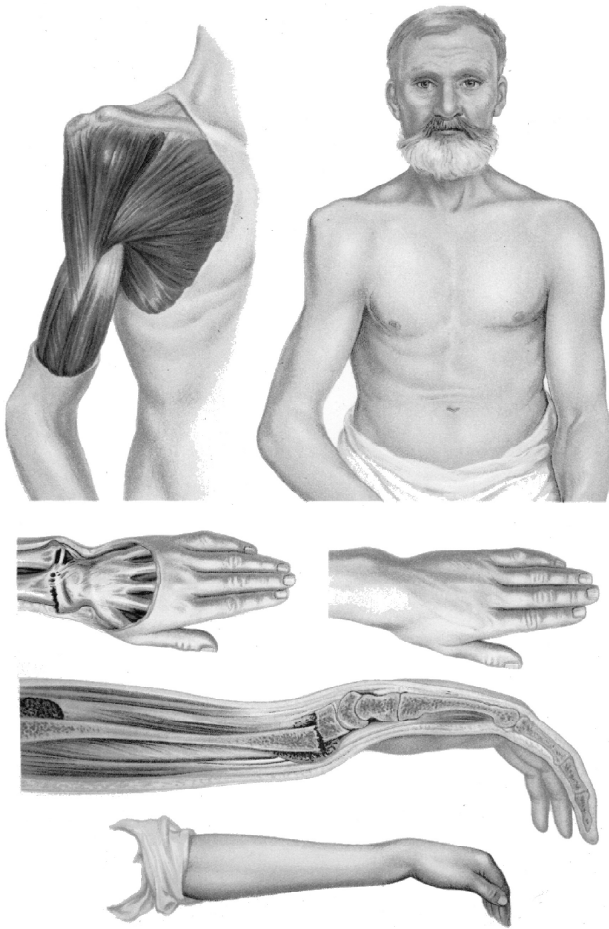
Broken Bone

Also known as: Fracture.

Ages: Any, although certain fractures are more likely at certain ages.

Description: Broken bones are usually the result

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of high-force impact or stress, but may occur in conjunction with any diseases that weaken the bones. Breaks may either be “simple,” meaning that the skin is not broken, or “open” or “compound,” meaning that the skin is pierced and there is a route of entry for bacteria. Some breaks may be “comminuted,” meaning

that the bone has fragmented instead of breaking cleanly. A broken bone does not have to be split into two pieces; fractures can run along the long axis of a bone, can leave bones partially connected, or can appear as crushes or compressions in which a bone collapses inwards rather than snapping.

Bones are not themselves sensitive to pain and they are not what hurts when they are broken. Unfortunately, bones are surrounded by other tissues that are sensitive to pain, such as the thin lining of the bone (“periosteum”), the muscles, the skin, and the blood vessels.

A **broken arm** can refer to a fracture of the arm (between the shoulder and the elbow) or the forearm (from the elbow to the wrist). Usually, a break in the arm happens in the forearm, in either the radius (from the elbow to the thumb) or the ulna (from the elbow to the pinky). Fractures of the radius are often caused when a falling creature stretches out its hand and lands on it. A fracture of the ulna is usually caused by a strong impact against the arm, and this fracture is common in soldiers who fight without shields.

A **broken leg** is usually a fracture in the tibia or the fibula, one of the bones below the knee. The bone above the knee, the femur, is one of the strongest bones in the body, is well-protected by muscle, and is not easily broken except by falls from great heights or other very-forceful impacts. Fractures of the tibia and fibula are usually the result of impacts like falls or kicks.

A **hip fracture** is a break of the femur at the narrow point where it meets the torso. It is seen almost exclusively in the Venerable age category. This area of the bone has poor blood supply and a break can disrupt circulation to the “head” of the femur. Whereas other fractures normally heal well, lack of blood flow means that the head of the femur dies and healing becomes impossible. A non-healing hip fracture is

Table 5.1

Bone	Time in Splint/Cast	Limited Movement During Healing
Hip	None	General inability to walk, ride a horse, etc.
Leg	6 weeks	Unable to bend the knee, and pain when weight is put on the leg. –10 feet to movement speed. –6 to Acrobatics, Climb, Ride, and Swim, checks.
Radius	3 weeks	Unable to bend the wrist, as the cast covers part of the hand. –4 to attack and damage rolls with wounded arm. –4 to resist attempts to disarm.
Rib	None	–2 penalty to all Dexterity- and Strength-based skill checks for 3d6 days.
Ulna	6 weeks	Unable to bend the wrist, as the cast covers part of the hand. –4 to attack and damage rolls with wounded arm. –4 to resist attempts to disarm.

Chapter 5: The Limbs

often crippling, and many sufferers die of pneumonia within a year (see Chapter 3: The Chest) or other infections related to inability to rise from bed. Hip fractures are usually due to falls from standing when bones have become delicate as a result of age and disease.

Rib fractures are painful but rarely-dangerous breaks that usually occur after an impact to the chest. The middle ribs — between the nipples and the stomach — are the ones most likely to break. Broken ribs cause pain when breathing as the bones move.

Mechanics: Broken limbs are most commonly the result of some process that deals hit point damage. At the Game Master's discretion, any time a creature takes physical damage greater than its Constitution score it is at risk of a broken bone. Damage from a fall is most likely to cause a broken radius, whereas damage from a club or slam attack might break an ulna.

A creature at risk of a broken bone must succeed on a Fortitude saving throw versus a DC equal to the amount of damage taken. The creature receives a +10 bonus to this save if the relevant body part is armored at the time of injury (e.g., wearing a shield protects an arm, a breastplate protects the ribs). Dwarves receive a +4 racial bonus to all saves versus broken bones.

A creature with an unsplinted broken limb takes a –10 penalty to all actions using that limb. A creature whose limb has been treated and splinted takes penalties as described on Table 5.1. A creature with broken ribs takes a –2 penalty to all Dexterity- and Strength-based checks, including attacks, for 3d6 days.

Treatment: Any *cure* spell or other healing magic that restores an amount of damage equal to that which caused the break repairs it entirely. A creature with fast healing or regeneration is considered to have healed its broken bone when it has healed an amount of damage equal to that which caused it.

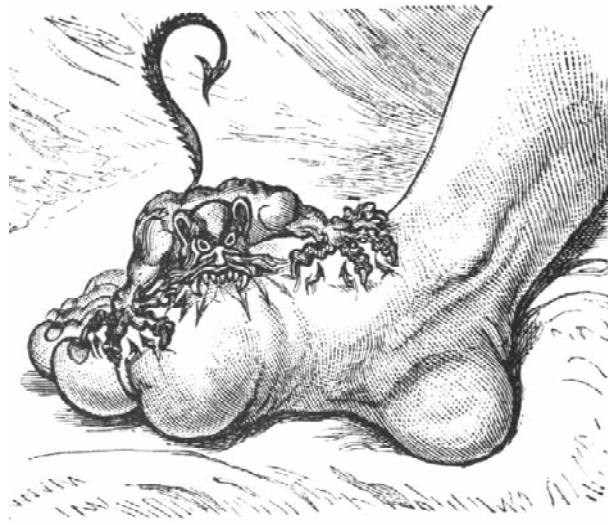
Broken arms and legs are commonly treated with wooden splints. Some societies put wax or resin on broken limbs to immobilize them, or apply starch, egg whites, or lime to bandages to harden them, while more advanced cultures may use plaster casts. The length of time that a creature will need a splint is listed in Table 5.1. A Heal check (DC 15) is required to properly splint or cast a broken limb. The Heal skill cannot be used to aid a creature's Fortitude save against bone breaking.

Gout

Also known as: Rich man's disease.

Ages: Any, but usually Adult or older.

Description: Gout is a condition in which joints



become extremely painful due to naturally-occurring crystal deposits in the joint fluid. Sufferers tend to have recurrent attacks of pain where one or more joints become red, hot, and swollen. Joints can become so sensitive to touch that sufferers are unable to stand the contact of stockings or bed sheets. About one in every hundred people will suffer from gout at some point in their lives, and it tends to begin earlier in males (in late Adulthood or early Middle Age) than females (in Old age).

For reasons that no healer has ever adequately explained, gout most commonly affects the joint between the big toe and the foot. Just as more sugar can be dissolved in hot tea than in cold water, it is thought that lower temperatures in the feet lead to crystals precipitating out of solution. If a needle is stuck into an inflamed joint, there can be so much crystal accumulated that a thick white paste is sucked out.

For centuries, gout has been associated with diets high in meat, seafood, and alcohol. Scholars have noted that gout seems to be more common in people of higher social classes, who are able to afford more meat, and this has led to gout being known as the "rich man's disease." Only a fraction of gout cases are thought to be caused primarily by diet, however, and histories of gout in certain family lines suggest some people might simply be born with a bigger chance of suffering from the disease.

Mechanics: A gout attack begins suddenly, usually with no clear triggering event, and lasts for 1d12 days. While a joint is inflamed, the creature takes a –10 penalty to any checks involving it (e.g., Acrobatics, Climb). Movement speed is reduced by 10 feet if a toe joint is affected. All Concentration skill checks made during a gout attack have their difficulties increased

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by 5. After an attack, roll 1d6 and divide this by the number of years the creature has suffered from gout to determine how many years it will be before it experiences another attack. Initially, attacks rarely come more than once per year, but they become more common over time.

Treatment: *Remove disease* cures an active attack, instantly ending all pain and all penalties. Any *cure* spell relieves pain for a number of hours equal to one plus the spell's level.

The Heal skill has no effect on penalties associated with gout. Certain plants, such as the extremely poisonous meadow saffron (also known as the autumn crocus or the naked lady), may help victims of gout. Changing one's diet is the most effective way to prevent gout attacks but, given the population most likely to suffer from it, most victims will continue to live how they wish and just seek magical treatment when needed.

Sprain

Also known as: N/A.

Ages: Any.

Description: A sprain is a stretch or tear of a ligament, the fibrous tissue that connects bones with one another. Sprains occur when a joint is stretched



Critical Misses & Failures

Just as especially good rolls can lead to critical hits and exceptional successes, so too can particularly bad rolls lead to critical misses or fumbles on attacks and profound failures on skill checks, ability checks, and saving throws. These can lead to combat, encounters, and other activities being more unpredictable and lethal, but also more realistic and exciting. To a much greater extent than critical hits and successes, however, critical misses and failures require more discretion, imagination, and quick thinking on the part of a GM. Generally, there is a threat of a critical failure on a natural roll of 1 on a d20.

too far and becomes painful and often swollen. If a ligament is completely torn, the joint may become lax as the ligament fails to stop it from swinging. The most commonly-sprained joint is the ankle, in which numerous small ligaments can be damaged by movement in various directions. The knee is also a frequent site of sprains, particularly in melee combatants.

Mechanics: A creature who critically fails an Acrobatics skill check is at risk of a sprain. The creature must make a Fortitude save versus a DC equal to that of the Acrobatics check. Failure indicates that the creature has sprained an ankle or a knee and suffers a -4 penalty to Dexterity-based checks involving the legs for 1d3 days, followed by a -2 penalty for an additional 1d3 days. As long as the Dexterity penalty applies, the creature's movement speed is decreased by 10 feet. A creature hit by a called shot to a joint may suffer a sprain to that joint. The DC of the Fortitude save is equal to the damage dealt by the attack, and the -4 and -2 penalties listed above instead relate to the damaged joint (e.g., a sprained wrist incurs penalties to Disable Device and Sleight of Hand checks).

Treatment: A *cure* spell cures all penalties associated with a sprain if it was caused by a physical damage-dealing event, such as a called shot or fall. Otherwise, *lesser restoration* heals the sprain instantly. Most sprains require only rest, cooling for 20 to 30 minutes at a time, three to four times per day, and compression and elevation to bring down swelling. A complete tear in a ligament may heal on its own or may be repaired surgically (see Chapter 14: Surgery). A Heal skill check versus the DC of the sprain, made at any time after the injury, halves all penalties associated with the sprain.

Chapter 5: The Limbs





Chapter 6: Cancers

Cancer is a mystery to most healers and priests. Without an ability to look inside the body, healers cannot see most cancers. The only sign that someone is ill might be fatigue and weight loss, which could be attributable to almost anything. Most healers do not really understand what cancer is. Not having any conception of the cells that make up a body, how could they? Cancer is insidious and deadly.

Blood

Also known as: White blood sickness, gruel blood, leukemia, lymphoma.

Ages: Any.

Description: “Blood cancer” describes a multitude of diseases, including leukemias (cancers of the white blood cells), lymphomas (cancers of the lymphatic immune system), and overproduction of any other blood cell (red blood cells, plasma cells, platelets, etc.). To a healer or scholar, it may make a significant difference whether a creature is suffering from leukemia or lymphoma but, as far as most creatures know, all of these diseases are basically just “blood cancer.”

Major symptoms of any blood cancer are fatigue, weakness, weight loss, weakened immune system, and easy bleeding. Depending on the specific disease, creatures might also experience painless rubbery swellings in the case of lymphoma or difficulty breathing with leukemia.

A healthy humanoid’s odds of developing blood cancer each year is approximately one in 6,000. Most such cases will likely go unrecognized by healers and be classified as deaths from various infections. Many blood cancers, taking years to develop and show symptoms, will be cured incidentally when a creature is the target of a *remove disease* spell or similar magic cast for some other reason. Survival with blood cancer is difficult for healers to predict because of the many different kinds known; while some blood cancers kill within weeks, others may last a lifetime and cause only minimal symptoms.

Mechanics: A creature who develops symptomatic blood cancer is fatigued at all times. All bludgeoning damage deals an extra 1 point of damage due to bleeding and bruising and all slashing or piercing damage deals 2 extra points of damage. The creature suffers a –2 penalty to all Fortitude saves against illness and disease.

Each month after developing symptoms, the creature rolls 1d20 and, on a roll of 1, must make an immediate DC 14 Fortitude save. If it fails this save,

the creature’s disease has accelerated and the creature must succeed on a DC 10 Fortitude save at the start of each day or suffer 3 points of Constitution damage.

Treatment: *Remove disease* immediately cures blood cancer. A creature who is the target of a *remove disease* spell or similar magic cannot develop blood cancer for one year.

The Heal skill may be used in place of a creature’s Fortitude save if a creature is under long-term care by a healer.

Red, White, and Blue

Your characters probably do not know the difference between “bacteria” and “virus.” Similarly, your characters probably have no idea that blood is made up of any cells at all, let alone cells of various different colors and functions. Now remember that all blood cancers are basically treated with the same magic, and it becomes more-or-less irrelevant whether a character has leukemia or lymphoma. Similar reasoning applies to pretty much all cancers.

Liver

Also known as: Swollen liver.

Ages: Usually Adult or older.

Description: Liver cancer is a dysregulation of the growth of the liver tissue. There are three distinct patterns of liver cancer, depending on age. In children, this is usually an inborn disease and might be noticeable at birth or within the first three years of life; this form afflicts one child in every million. In adulthood, liver cancer follows several years of infection with hepatitis (see Chapter 8). In middle-aged and old creatures, liver cancer is usually seen in heavy users of alcohol and particularly those who have developed cirrhosis (see Chapter 4).

Cancer of the liver usually begins as a slow enlargement of the abdomen. This may begin as a rounded mass on the right-hand side as the liver

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enlarges, or as diffuse widening of the gut due to accumulation of fluid (“ascites”).

Liver cancer causes the liver to gradually lose its ability to function. Creatures begin to notice abdominal swelling as fluid accumulates. Poor blood coagulation leads to easy bruising and bleeding. Skin becomes yellow and jaundiced. Creatures typically begin to feel ill and have little to no appetite. As the disease worsens, creatures begin to rapidly lose weight and experience abdominal pain, nausea, and fatigue. Death results within three to six months, either from bleeding, infection of the ascites fluid, or accumulation of toxins in the blood.

Mechanics: A creature is at greatest risk of liver cancer under two circumstances. First, a creature suffering from chronic hepatitis infection has a 10% chance per year of developing liver cancer. Second, a creature suffering from cirrhosis has a 1% chance per year of developing liver cancer.

A creature suffering from symptomatic liver cancer suffers from excessive bleeding. Whenever the creature suffers hit point damage, it suffers 1 point of additional damage due to blood loss. If hit point damage from a single attack exceeds the creature's Constitution score, the wound bleeds profusely, dealing 1 point of bleed damage.

Each month that the creature suffers from liver cancer, roll once on the chart below.

d6	Complications of Liver Cancer
1–2	Nothing happens
3–4	Infection (DC 15 Fortitude save)
5–6	1d4 points of Constitution drain

Infection indicates that the creature develops an infection of the extra fluid in their abdomen. If the creature succeeds on the Fortitude save, it is sickened for 2d10 days. If the creature fails the Fortitude save, it takes 1d2 points of Constitution damage each day for 2d10 days.

Treatment: *Remove disease* cures liver cancer and undoes all negative effects of the disease, including Constitution drain. *Remove disease* may also cure the condition that predisposed the creature to cancer, such as a hepatitis infection; see the specific rules for each disease.

A creature under long-term care of a healer rolls only 1d10 to determine the duration of an infection.

Skin

Also known as: Skin fungus, sun marks, nevi, soul-spots.

Ages: Any.

Description: Skin cancer is a category of diseases wherein cells in the skin begin to grow at an accelerated and uncontrolled rate. Instead of forming part of the body's tight outer wall, these cells grow into lumps, moles, lesions, or other disfiguring marks of various sizes and shapes. Commonly, such cancers initially manifest as a nevus (or several nevi), darkly-pigmented flat or raised areas, which over time may break down and turn into ulcers or grow into fungus or polyp-like shapes. Such cancers may grow slowly and never become more than a cosmetic problem, or may grow rapidly and invade or degrade surrounding tissues. The majority of creatures who develop skin cancer will die of something else first, but skin cancers do become dangerous if they grow inwards, slowly but painfully eating away at muscle and bone, or if cells from the cancer enter the circulation and metastasize to other organs.

The greatest risk factor for all skin cancers is exposure to ultraviolet radiation, most commonly from sunlight. As such, unsurprisingly, skin surfaces that are exposed to the sun are the most common sites of cancer, and therefore the head and face are frequently affected. Individuals who have the greatest sun exposure, such as farmers, town criers, and messengers, all suffer from higher risk of the disease, should they live long enough to develop it. Individuals with paler skin are at greater risk than those with darker skin, and Elves, with their tendency toward fair complexions and long life spans that allow for many more years of exposure, experience exponentially greater rates of skin cancer than any other race. It has been posited that some mages and priests, who wield magics that produce unintended ultraviolet light, are more prone to skin cancer even than Elves, but their ready access to healing magic means that few develop a visible cancer, and those who do are promptly — if unintentionally — cured when they receive healing for other problems.

Like most cancers, skin cancers are generally not recognized by healers. In societies where diseases such as smallpox and leprosy are prevalent and where every fourth person on the street has a cauliflower ear or trench rot, skin cancer is just one more growth, and a relatively slow-growing and pleasant-looking one at that. Few healers suspect any connections between excessive sunlight and these cancers and fewer still have deduced the links between the curious skin-growth and the slow, wasting disease afflicting their patients. Where skin cancers are recognized as abnormal growths, they are often misinterpreted (e.g., a number of scholars in more philosophical centers of study have posited that the size, shape, and position

Chapter 6: Cancers

of nevi on the body can be used to make inferences about a person's character and morality).

Skin cancers are widely believed to be among the most common cancers, although because most cancers occur inside the body and may go forever unrecognized by healers, especially those without access to divination magic, this is difficult to know for certain.

Mechanics: A creature who develops skin cancer suffers 1d4-2 (minimum 0) points of Charisma drain at the time that the disease manifests. Each year, the creature must make a DC 15 Fortitude save. Failure results in the creature suffering an additional 1 point of Charisma drain as the cancer grows or otherwise becomes further disfiguring.

Skin cancer remains stable for 1d20 years. At the end of this period, the creature begins making Fortitude saving throws each month, at a DC equal to

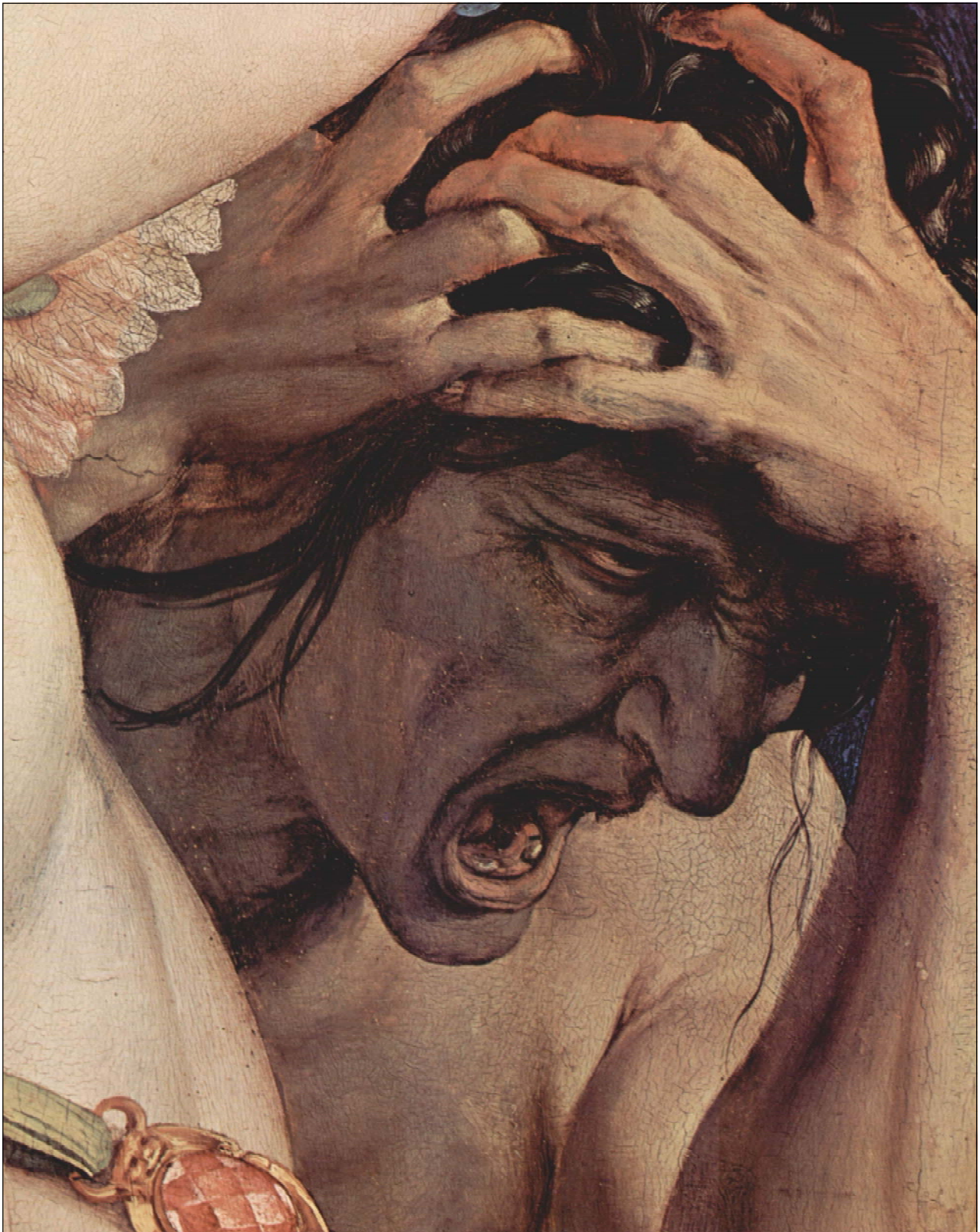
the number of months that have elapsed. Each failure results in 1d6 points of Constitution drain.

Treatment: *Remove disease* immediately ends skin cancer's ongoing effects; the creature no longer suffers additional Constitution or Charisma drain. However, *remove disease* has no effect on ability score drain that has already been sustained, which must be healed with *restoration* spells or similar magic.

The Heal skill has no direct effect on skin cancer, but a character may use the Heal skill to perform surgery to excise skin cancer (see Chapter 14), healing the patient as if by *remove disease*. The DC of this Heal check is 30. If the result of the Heal check is less than 40, however, the excision leaves a scar that is more visible than the cancer itself and the patient suffers 1d4 points of Charisma drain. Surgery must be performed before the ill creature reaches the end of the 1d20-year period of stability; after this, the cancer has spread elsewhere in the body and it cannot

feasibly be removed.





Chapter 7: Mental Disorders

Mental illness is, in some ways, the most horrible of all illnesses. Any disease can ruin an individual's life, but mental illness has the unique capacity to cause disproportionate grief and suffering to the sufferer's family, friends, and community. Still, many healers have a hard time conceptualizing mental illness as a disease in the same way as they do infections, and the phrase "mental disorder" is often much preferred over "mental disease."

Attention-Deficit/Hyperactivity Disorder

Also known as: Wanderlust, hyperactivity.

Ages: Any; usually present over an entire lifetime.

Description: Attention-Deficit/Hyperactivity Disorder (ADHD) is a developmental malady in which a creature has difficulty concentrating or remaining still and quiet for long periods of time. The diagnosis is contentious among many healers, as it can be hard to decide when hyperactivity stops being normal, if somewhat disruptive, and starts becoming something that genuinely interferes with daily functioning. In less medically-oriented nations, ADHD may not even be thought to exist, and most adults believe that some children are simply more energetic (or uncontrollable) than others.

Approximately three to five percent of all people are thought to have excessive problems with attention and impulse control and only a fraction of them — usually those pursuing scholarly careers — are thought to suffer from a form that impairs their ability to live or work. A creature that suffers from ADHD is usually easily distracted, often fails to note details, and has great difficulty focusing on a single task for extended periods of time (unless the task is enjoyable, such as playing a game). It is easily bored, often has difficulty following complicated instructions, and often may fidget or dislike sitting in a single chair for more than a few minutes. To qualify as ADHD, these behaviours must be seen in multiple areas of life (e.g., a farmer who can work all day but grows restless and bored in temple does not qualify, nor does a child who gets into fights in the street but can sit quietly during studies). Level of hyperactivity must also be unusual for the creature's race and social context (e.g., the degree of hyperactivity that might be abnormal in an Elven noble could be perfectly appropriate in an Orcish Barbarian).

ADHD is thought to be extremely common among adventurers. Indeed, excess energy and constant desire for stimulation may be a powerful asset to a creature whose job requires it to spend long hours

traveling lonely roads only to inflict grievous harm on whatever they encounter along the way.

Mechanics: A creature that suffers from severe ADHD suffers a –8 penalty to all Concentration checks, a –4 penalty to all Knowledge checks, and a –2 penalty to all Linguistics skill checks to create or detect forgeries and on Profession and Stealth skill checks. The creature cannot take 20 on any skill check. A Wizard suffering from severe ADHD must study for two hours each day instead of one to memorize spells (although this does not increase the total number of hours that the wizard must rest).

Minor ADHD is a feat that may be selected at first level (see Appendix I: Feats).

Treatment: There is no known treatment for ADHD and no spells short of *wish* or *miracle* have been found to alleviate symptoms. A creature with ADHD suffers only half of the above penalties to skill checks in a day during which it gets significant physical exercise (e.g., at least an hour of activity like walking, climbing, or fighting).

Body Dysmorphic Disorder

Also known as: Dysmorphophobia, dysmorphic syndrome.

Ages: Usually begins in late childhood or early adulthood.

Description: Although many creatures in the world are unsatisfied with their bodies or believe that there is something wrong with how they look, a small percentage of people suffer such complete preoccupation that it interferes with the quality of their lives. Body dysmorphic disorder (BDD) is a condition wherein a creature suffers tremendous anxiety over a defect in its body, such as agonizing that its nose is too large or its hands too small. This defect is usually imagined or not perceivable by others, and when an actual defect is present the preoccupation will be beyond excessive and to the point of near-constant obsession. For most sufferers of the disorder, no amount of body modification or

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“repair” ever alleviates the preoccupation, and in the rare cases where a creature somehow eliminates the defect to its satisfaction a new defect elsewhere in the body is often discovered. Some scholars have suggested BDD is actually more common in people of greater attractiveness, rather than lesser.

Dysmorphophobia can interfere with life in many ways. Creatures often find thoughts about their “deformity” intrude into their minds, disturbing concentration. Such thoughts can lead to feelings of shame or sadness and can make creatures afraid to leave their homes or go to work for fear of ridicule.

What Are You Looking At?

The game mechanics presented here fail to do justice to body dysmorphic disorder, which mostly affects characters in ways that are not reflected by numbers. As with many mental disorders, BDD is a disease that can lead to some very interesting roleplaying in the hands of a skilled player or GM. It is a good reminder that there is a lot more to most illnesses, especially psychiatric ones, than just situational modifiers.

BDD can drive a creature to alcohol or suicide. Creatures may compulsively check themselves in mirrors or use strange means to camouflage the areas of their preoccupation (e.g., wearing masks or helmets in inappropriate social situations). Creatures may go to tremendous lengths to try to “fix” their defects, including seeking powerful magic to change their appearances or undergoing dangerous surgical procedures (sometimes at their own hands). Approximately three out of four sufferers of the disorder become severely depressed at some time in their lives and up to 80% contemplate, if not attempt, suicide.

BDD manifests differently in different races. Humans most commonly become preoccupied with the quality of their skin, their weight, or their nose size. Elves often become preoccupied with the idea that their body appears overly frail or, less commonly, that they have distressingly dark and Drow-like coloration. Dwarven males often have preoccupations that center on their beards, though rather than fear of social ridicule they often fear angering their ancestors with inferior facial hair. The disease can be most horrific among Trolls, among whom it is thought to be surprisingly common; becoming preoccupied with thoughts that their arms are somehow “wrong,” Trolls suffering from BDD have been known to spend hours severing their own limbs again and again in the hopes of growing “better” ones.

Mechanics: A creature who suffers from BDD suffers near-constant thoughts about some part of its body and, once these thoughts begin, the creature has difficulty stopping them. Any time the creature must make a skill check, it rolls a separate 1d20 and, on a roll of 1, the creature suffers a –2 penalty to all skill checks for one minute. The penalty increases to –4 if the skill check is performed within sight of a clear reflective surface in which the creature can see its perceived defect (e.g., a mirror or still lake). If the creature is taking 20, this penalty is ignored.

Treatment: A *wish* or *miracle* spell cures BDD if specifically worded to do so. If the spell is cast to repair the perceived defect (as it almost invariably will be if cast by the sufferer), or if the sufferer changes their defect in some other way (e.g., magically, surgically), the creature may attempt a DC 40 Will saving throw. If the save succeeds, it is satisfied with the change and is no longer afflicted with the disorder. If the save fails, it continues to be preoccupied with a defect as before.

A series of Heal skill checks (DC 25) may be made to treat BDD. This requires that the creature spend at least 30 minutes per week with a healer for at least

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4d4 weeks, with a Heal check made each week. If two successive Heal checks fail, the process must begin anew. At the end of this time, most afflicted creatures will still believe they have their flaw but will no longer suffer penalties due to this belief.

Depression

Also known as: Melancholia, torpor, the blues.

Ages: Any, but usually after Childhood.

Description: Depression as an illness is quite unlike simple sad moods. Depression is characterized by feelings of sadness complicated by those of hopelessness, fatigue, inability to take pleasure in activities that previously brought joy, and terrible difficulty finding motivation to perform daily activities. Concentration is often impaired, sleep patterns change (the creature may have insomnia or may begin to sleep excessively), and weight may rise or fall. Some creatures who suffer depression note that the actual sadness is actually the least painful aspect of the illness, saying instead that they feel a great weight on their spirits. People who suffer from depression cannot simply “snap out of it” or cheer themselves up, and suicidal thoughts and actions may be common.

Healers and Clerics are uncertain what causes depression. Many have noticed that depression often runs in families, suggesting it is at least in part biological, but it is also often triggered by some negative life event or stress.

Depression tends to be divided into “depressive episodes.” Some individuals experience only one episode but most will experience more. Without treatment, an episode of depression usually lasts from about six months to a year. Healers have attempted to treat depression with many plants and alchemical creations, few of which are particularly effective.

Mechanics: A creature who experiences depression suffers a -1d4 penalty to attack rolls, saving throws, ability checks, and skill checks made during a depressive episode. A single episode lasts for 2d6 months.

Treatment: *Good hope* and *calm emotions* negate the penalties associated with depression for their duration. *Greater restoration* ends a depressive episode, while *miracle* or *wish* ends a depressive episode and prevents future episodes. *Remove disease* has no effect on the disorder.

A depressed creature who spends at least 30 minutes per week in conversation with a friendly or helpful creature shortens the duration of a depressive episode by 1d6 months to a minimum of one month. A successful DC 15 Heal check by the friendly or



helpful creature shortens the duration of the episode by an additional 1d4 months to a minimum of one month. A creature who uses folk remedies or other forms of medicine also shortens the duration of a depressive episode by 1d4 months to a minimum of one month.

Illness Anxiety Disorder

Also known as: Hypochondriasis, illusionary disease, health anxiety.

Ages: Any.

Description: Illness anxiety disorder, widely known as hypochondriasis, is a condition in which the sufferer becomes excessively preoccupied with perceived symptoms of illness, often coming to believe that its symptoms are heralds of the most severe disease possible. The sufferer is usually extremely sensitive to small changes in its well-being and interprets small symptoms, such as new pains, headaches, or feelings of malaise, as signs of catastrophic illness. Hypochondriasis is a bane of healers and Clerics because if no actual illness is found the sufferer sometimes becomes resentful and distrustful, assuming that the practitioner is incompetent and has missed something important. If magical healing fails to alleviate symptoms, as may often be the case, the sufferer may suspect that a healer

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is a charlatan. With patient discussion and explanation, most hypochondriacs can be persuaded that there is nothing physically wrong with them ... at the moment.

Hypochondriasis is often explained away as being “purely psychological” or “all in your head,” but this is an unfair description; although a hypochondriac may worry excessively about a symptom and sometimes unconsciously exaggerate symptoms, its symptoms — and its suffering — may still be very real. The condition is often known as “illusory disease” because it is a disease that often cannot be perceived or quantified except by the hypochondriac, but, as any adventurer who has been struck by an illusory *fireball* will attest, an illusion can be just as painful as the real thing.

Mechanics: A hypochondriac is sensitive to small changes in its body and interprets — or misinterprets — these changes as symptoms of disease. Whenever a hypochondriac makes a Fortitude saving throw versus disease and succeeds, it nonetheless experiences all effects of the disease for one day as if it had failed. During this one day, the creature cannot die of the disease and any permanent ability drain is instead taken as temporary ability damage. Damage and penalties accumulated during that day do not vanish at the end of it and must be healed as normal. Creatures who are normally immune to disease may still suffer from hypochondria and suffer these “illusory” effects. A hypochondriac must make a DC 10 Will save when faced with a known source of disease or poison (e.g., a known carrier of an infection, contaminated water) or become frightened and unwilling to approach as long as the source of

infection is present.

Treatment: *Calm emotions* and other effects that counter fear prevent a creature from having to make Will saves when faced with disease. *Remove disease* instantly ends any “illusory disease” effects, although it does not prevent new symptoms from appearing if somehow triggered. A *wish* or *miracle* spell permanently cures a creature of hypochondriasis.

A DC 10 Heal check relieves a sufferer’s anxiety for one day, preventing it from developing new symptoms following a successful Fortitude save. This does not affect symptoms that the sufferer has already developed. A DC 10 Heal check speeds the creature’s healing of “illusory” temporary ability damage as though it had spent eight hours in long-term care.

Obsessive–Compulsive Disorder

Also known as: Demonic possession, exemplary spirituality.

Ages: Any, but usually not before early adulthood.

Description: Obsessive-compulsive disorder (OCD) is a condition wherein a creature experiences two groups of psychological symptoms with varying severity. First, the creature experiences obsessions, intrusive thoughts that come to mind unbidden and are difficult to stop thinking about. These thoughts may provoke anxiety and often interfere with concentration on other tasks. Common intrusive thoughts include an intolerance of disorder in one’s environment (e.g., a creature may notice that a brick is loose in a wall and find itself unable to stop thinking about it) and a belief that the gods or similar powers intend to bring harm to the sufferer or their loved ones for sins committed (or perhaps for no reason at all). To cope with intrusive thoughts, many creatures develop compulsions: repetitive behaviours that alleviate anxiety, either by distracting from the obsessive thought or by warding off some unpleasant outcome. Common compulsions include performing religious rituals or prayers, sharpening a blade, checking that a door is locked, or speaking “magic” words.

For example, a creature who suffers from OCD may believe that a god or spirit is angry at it. This thought comes to mind frequently and preoccupies it to the point that it has difficulty performing other tasks and also fills it with a sense of fear. To alleviate the thought, the creature performs a certain prayer; if the prayer is not performed, the creature’s fear and anxiety grow worse with each passing moment. If the thought comes to mind once per day, the ritual is performed once per day. If the thought comes to mind every five minutes, the creature may be unable to do anything

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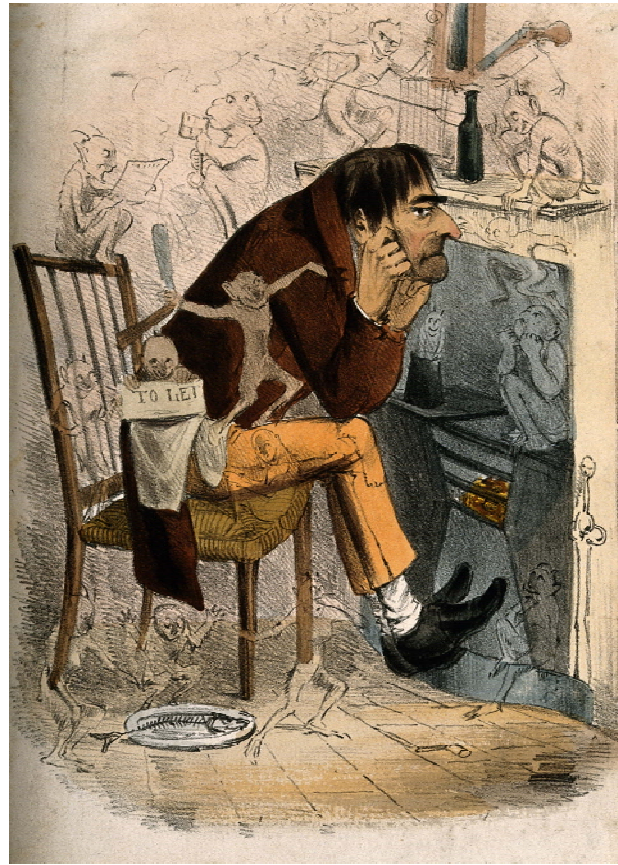
except perform its ritual for hours at a time. Creatures may recognize that an obsessive thought or a compulsive behavior is illogical. In the example above, the creature may fear the wrath of a god it does not believe in, or its ritual may be one that is devoid of magical or religious significance and so ought to have no power of protection. Nonetheless, the creature will experience the same terrible anxiety, perhaps more so for believing it is performing illogical actions.

In all races, the most common obsessions are religious. Although the disorder is no more common in Clerics or deeply-religious individuals, dogmatic ideas feature prominently in OCD. Some scholars suggest that the most common form of OCD in the world is the fear that evil gods will curse the sufferer and that the accompanying compulsive behavior is somehow protective; the particular evil gods vary depending on region and local culture but do not seem to significantly change the appearance of the disease. Preoccupation with religious and sometimes blasphemous thoughts has led many cases of OCD throughout history to be mistaken for cases of demonic possession, which is believed to have led to numerous unnecessary exorcisms and executions. In contrast, in ultra-religious societies, OCD can actually be a beneficial trait, as a creature who is irrationally excessive in their devotions and their performance of rituals may be praised as an exemplar of piety and shown great respect.

The second most common obsession relates to bodily cleanliness, particularly of the hands. Even in societies with no conception of the link between cleanliness and health, sufferers find many reasons to inspire their obsessions regarding sanitation (or bodily and spiritual purity).

Mechanics: A creature suffering from OCD has one or more thoughts that come to mind unbidden and cause great preoccupation and anxiety. Multiple times per day, a creature experiences its intrusive thought or thoughts and feels great anxiety and preoccupation unless the thought is dispelled by engaging in a compulsive behavior.

Frequency at which such thoughts intrude, the penalties they cause, the Will save to resist the compulsion, and the minimum time required to perform a compulsion are listed on Table 7.1, below.



A creature's compulsion may take more time, but not less time, than indicated on Table 7.1. For example, a creature whose compulsion is to perform a full prayer requires more time than a creature whose compulsion is to check that its money pouch is tied well.

A creature who chooses to resist performing its compulsion(s) must attempt a Will saving throw each round for six rounds. Each round that the save is successful, the creature continues to suffer the penalty listed on Table 7.1: OCD Compulsions but does not lose an action performing its compulsion. If all six saves succeed, the penalty disappears as if the creature had performed its compulsion. If any save is failed, the creature spends an action (or appropriate period of time) performing its compulsion. A creature who is in combat or a similar life-threatening situation

Table 7.1 OCD Compulsions

Severity	Frequency	Penalty	Will DC	Compulsion Time
Minor	1d4/day	-2 to all checks	12	1 move action
Moderate	1d4 hours	-4 to all checks	16	1 standard action
Severe	1d4/hour	-6 to all checks	20	1 standard action

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suffers the penalty listed in Table 7.1 but may choose to automatically resist performing its compulsion until combat is ended.

Treatment: *Calm emotions* and similar magic that protects against fear negate all penalties related to OCD for their duration; if *calm emotions* is cast during a creature's period of anxiety before performing a compulsion, its anxiety is relieved as if they had performed their compulsion. *Remove disease* has no effect on OCD, but the disorder can be permanently cured by a *wish* or *miracle*.

A series of DC 20 Heal checks may be made to treat OCD. This requires that the creature spend at least 30 minutes per week with a healer for at least 4d4 weeks, with a Heal check made each week. If two successive Heal checks fail, the process must begin anew. For every 4d4 week period that the creature completes, it gains a cumulative +5 morale bonus to Will saves to resist its compulsion and needs to make one fewer save to negate the penalty associated with resisting its compulsion (minimum 0).

Schizophrenia

Also known as: Madness, voice-curse, demonic possession.

Ages: Usually begins in middle to late adulthood.

Description: Schizophrenia is one of the most poorly understood conditions in the world. Complex, difficult to treat, and potentially debilitating, schizophrenia is a disorder that can all but end the life of sufferers and have profound effects not just on the sufferer but also on the community around it. At the same time, many individuals suffering from schizophrenia are able to lead happy lives of normal duration, and the condition is neither a death sentence nor necessarily the most terrible disease one can suffer. Some scholars argue that schizophrenia is not a disease at all, but merely a different way of perceiving reality, while others argue that any "different way of perceiving reality" that interferes in one's ability to work, play, and love is by definition

a disease.

Schizophrenia is a category of poorly understood groups of symptoms (or "syndromes"). Broadly speaking, the label refers to a disorder wherein a creature's ability to think clearly, to perceive reality, and to express emotions is disrupted. In fearful societies, individuals suffering from schizophrenia are easily mistaken for demon-possessed due to their strange behaviours. The most common and infamous symptoms are hallucination and delusions. Hallucinations are defined as the perception of things that are not there. Most sufferers experience auditory hallucinations, such as hearing voices, and this is why the disease is sometimes known as the "voice-curse." Delusions are defined as false beliefs that are resistant to being changed by evidence. The most well known delusions are paranoid in nature, in which sufferers believe they are being persecuted. In addition to hallucinations and delusions, thoughts are often disorganized, such that speech may be difficult to follow or even incomprehensible and reasoning may appear illogical. Emotions may seem blunted or entirely absent, or may be inappropriate (e.g., a creature may cry when faced with happy news or laugh inexplicably when no one is around). Less common symptoms include muteness, paralysis, or catatonia. One classic trait of schizophrenia is that the sufferers often have poor insight into their behavior being different from others; a sufferer may have a keen logical mind and even scholarly training but see nothing strange about seemingly absurd delusional beliefs.

Schizophrenia has an unfair reputation for making sufferers dangerous. Such beliefs stem from the rare few individuals whose delusions drive them to harm others either in self defense or to protect someone from a perceived threat. Particularly in longer-lived races, in whom schizophrenia can manifest in a skilled warrior or powerful spellcaster, a creature who "goes mad" can cause considerable harm, and some scholars suggest that many so-called "crazy mages" are powerful individuals who developed some form of schizophrenia later in life. In actuality, a creature living in an average city is much more likely to be attacked and killed by someone completely sane than someone suffering from paranoid schizophrenia, but because creatures suffering from schizophrenia speak and behave strangely, they arouse greater than their fair share of mistrust and fear.

Mechanics: A creature suffering from schizophrenia may show various symptoms, leading to very different manifestations of the disorder. When a creature develops schizophrenia, roll twice on Table

Let's Get One Things Straight ...

"Schizophrenia" may be one of the most ill-applied medical words in the world. In popular culture, the word is used to mean "multiple personalities" with nauseating frequency. Schizophrenia is, however, entirely unrelated to multiple personality disorder, today known as dissociative identity disorder. You can help make the world a better place by not making this error.

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7.2. If both rolls yield the same result, re-roll one of them. Tables 7.3 and 7.4 list sample hallucinations and delusions that a creature suffering from schizophrenia might experience. The GM can create additional options as needed, such as erotomania (the delusion that another creature is in love with the sufferer) or nihilism (the delusion that the world is illusory, fake, or coming to an end).

Table 7.2: Schizophrenia Symptoms

d100	Symptom
01-30	Hallucinations: See Table 7.3
31-60	Delusions: See Table 7.4
61-80	Flat or absent emotion: +4 to Will saving throws versus emotion-affecting effects, +4 to Bluff skill checks, -8 to Diplomacy skill checks.
81-90	Disorganized speech: Creatures speaking to the sufferer must succeed on a DC 15 Sense Motive or Heal skill check or an Intelligence check or be unable to understand the logic in the sufferer's speech. <i>Comprehend languages, tongues</i> , and similar magic allow the sufferer to be understood normally.
91-95	Incoherence: Creatures communicating with the sufferer cannot understand any ideas from the communication. <i>Comprehend languages, tongues</i> and similar magic do not decipher the communication.
96-97	Amotivation: Upon awakening from sleep, the creature must attempt a DC 15 Will saving throw or have its Wisdom reduced to 1 until the next time it sleeps.
98-99	Catatonia: Upon awakening from sleep, the creature must attempt a DC 15 Will save or have its Dexterity reduced to 1 until the next time it sleeps.
00	Compound Symptoms: Roll two more times.

Table 7.3: Sample Hallucinations

d100	Hallucination
01-30	Lesser Voices: The sufferer does not recognize the voices and cannot understand them; -4 penalty to concentration checks and Bluff and Diplomacy skill checks.
31-60	Voices: The sufferer may or may not recognize the voices, but they are critical and insulting; -2 penalty to all skill checks.
61-70	Severe Voices: The sufferer may or may not recognize the voices. They encourage



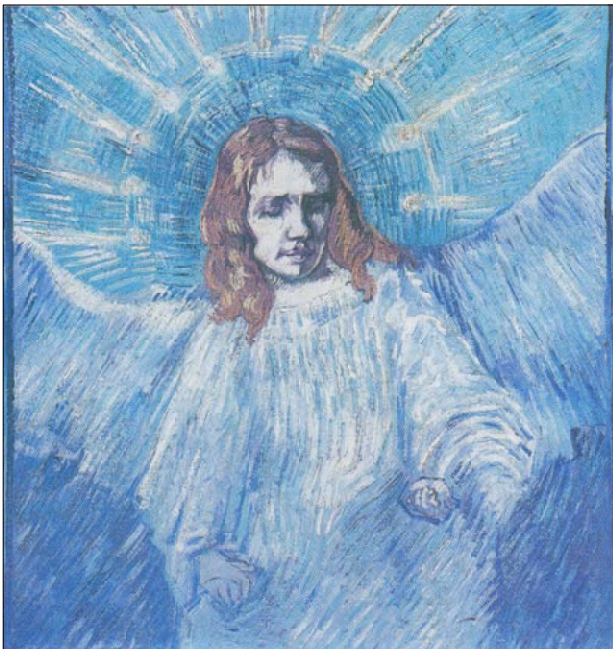
	actions that oppose the creature's alignment. 1d4 times per day, the sufferer must attempt a DC 10 Will save and, if it fails, is compelled to do as the voices command.
71-80	Visual Hallucinations: The sufferer perceives flashing lights of various colors, shapes, and patterns. Combined with various delusions, such lights might be interpreted as the faces of gods, the bodies of demons, or merely distracting nonsense. The creature is dazzled at all times.
81-90	Complex Visual Hallucinations: 1d4 times per day, at the GM's discretion, the creature sees one illusionary effect as though witnessing a <i>silent image</i> . The creature may attempt a DC 18 Will save (DC 10 if the creature knows that it suffers from schizophrenia) to disbelieve the illusion.
91-00	Phobic hallucination: 1d4 times per day, at GM's discretion, the creature sees insects crawling on the walls, snakes in their bed,

Insults & Injuries

or another frightening image of vermin as though witnessing a *silent image*. The creature may attempt a DC 14 Will saving throw to disbelieve the illusion (DC 8 if the creature knows it suffers from schizophrenia).

Table 7.4: Sample Delusions

drow	Delusion
01-25	Persecution: The creature believes that mortals (either specific individuals, groups, or everyone) are acting against it, causing it to take a –10 penalty to Bluff, Diplomacy, and SenseMotive skill checks against creatures toward whom the sufferer is suspicious; failed Sense Motive skill checks always suggest that the suspect creature is lying or being manipulative. The creature receives a +4 bonus to Intimidate skill checks made against suspected creatures.
26-50	Supernatural Persecution: The creature believes that spiritual forces (e.g., gods, demons, devils, forces of nature) intend to do it harm. The creature frequently sees signs that these forces are following it or striking out at it and is shaken for 1d4 rounds whenever it perceives such a sign (e.g., when confronted by an actual manifestation of supernatural power related to the creature's delusion, or 1d4 times per day at the GM's discretion).



51-60	Grandeur (Temporal): The creature believes, in the face of any and all evidence, that it has some political or legal power or that it is a famed celebrity, either locally or in some far-off place. Any evidence to the contrary is worked into the creature's delusion or may be dismissed as part of a conspiracy.
61-70	Grandeur (Religious): The creature believes, in the face of any and all evidence, that it has some religious power, or that it is a god, a messiah, or an anti-messiah. Any evidence to the contrary is worked into the creature's delusion or may be dismissed as part of a conspiracy.
71-80	Reference: The creature perceives unrelated comments, news, books, and even natural events and disasters to be somehow related to itself. The creature may believe that whenever it hears laughter others are laughing at it, or that things it reads contains coded messages intended only for it.
81-85	Somatic: The creature maintains some false belief regarding its body, such as the idea that its organs do not function, that its hand belongs to someone else and may or may not be under the owner's control, or even that it is itself undead.
86-90	Control: The creature maintains the belief, despite any and all evidence, that it has some mental control over others (either specific individuals or everyone). This may include strange assertions (e.g., believing that it can control souls) or theoretically provable assertions (e.g., that it can control the bodies of others).
91-95	Thought Broadcasting: The creature believes that its thoughts can be detected and heard by others (specific individuals or everyone); –4 to Bluff skill checks.
96-00	Thought Insertion: The creature believes that others (specific others or all others) are able to insert ideas into its own head and that its ideas are therefore not its own; –4 penalty to all Will saves.

Treatment: *Greater restoration* cures schizophrenia instantly. The sufferer has a 20% chance each year of symptoms returning unless a *wish*, *miracle*, or *permanency* is used to effect a lasting cure.

The Heal skill has no effect on schizophrenia.

Chapter 7: Mental Disorders





Chapter 8: Infections

The mainstay of disease in pre-industrial worlds is infection. People may not live long enough to get cancer or richly enough to have heart attacks, but everyone suffers infections from time to time. Lucky people suffer from colds and unlucky ones from polio, tetanus, and smallpox. Infections are often both the most easily treated diseases — assuming patients have access to magical healing — and the most devastating. The major distinction between infection and other diseases is that most other diseases do not spread from person-to-person. While one person having a heart attack cannot give his neighbor a heart attack, one person carrying the plague can kill a nation.

Botulism

Also known as: Sausage poison, familial paralytic fever.

Ages: Any.

Description: Botulism is a disease of worsening paralysis that usually develops after eating tainted food. For years, the disease was believed to be magical in nature, until healers finally identified it as a form of food poisoning associated particularly with sausage meat and other foods that may be undercooked and then stored for long periods of time. Botulism manifests as paralysis of the face before spreading to the limbs and can be deadly if the respiratory muscles are affected.

Paralysis in botulism often starts within one day of ingestion of tainted food, although two weeks may elapse before symptoms appear. The muscles controlling the eyes and cheeks are paralyzed first, resulting in double vision and difficulty speaking. Over the following days, paralysis spreads downward, sometimes affecting the whole body. If symptoms are mild, paralysis may go away on its own over the course of two to four weeks.

Although botulism can be caught through dirty wounds, it is usually spread by food. The highest risk food is meat or fruit that has been ground, mashed, or otherwise handled by unclean hands and then stored for a long period of time. Fruit preserves, fermented foods, bottled goods, ground meats, and old sauces are most likely to be tainted.

Botulism is of much interest to healers because it requires unusual magic to cure. Whereas most food poisonings are easily cured by *remove disease*, botulism is actually cured by *neutralize poison*. This has led some healers to suggest that the disease might be caused not by organisms that normally cause infection but by some poison — tentatively named botulinum toxin — that these organisms produce and which can stay present after the organisms themselves

are eliminated. Some alchemists and poisoners have experimented with isolating this toxin, which would likely be among the most potent poisons known, but to date no one has succeeded and several have died in the attempt.

Mechanics: A creature exposed to botulinum toxin in food makes an immediate DC 18 Fortitude saving throw and a second one 1d12 days later (if a 1 is rolled on the initial save, symptoms manifest in six hours. If a 2 is rolled, symptoms manifest in 12 hours). If both saves are failed, the creature suffers a –2 penalty to all Charisma-based skill checks and a –4 penalty on attack rolls and sight-based Perception skill checks as the face and eyes are affected. Six hours later, and every six hours thereafter for one week, the creature must repeat its Fortitude save. Each failed save results in 1d4 points of Dexterity damage. If the victim succeeds at five consecutive saving throws, the toxin is eliminated from its system and no further saves are required. A creature whose Dexterity is halved can no longer use its arms. A creature whose Dexterity reaches zero dies of suffocation.

Treatment: Botulism can be cured by *remove disease* if the spell is cast within one day of infection but, as symptoms often do not appear by this time, few people receive this treatment. *Delay poison* and *neutralize poison* affect botulism as if it were a poison but ability damage, once suffered, must be healed with *lesser restoration* or more powerful magic. *Remove paralysis* restores lost Dexterity but does not prevent new Dexterity damage if the infection is not cured. Penalties to Charisma and attack rolls are considered cured if spells are used to return Dexterity to normal.

Ability damage due to botulinum toxin does not heal as normal. A creature who survives the effects of botulism for one full week or who makes five consecutive saves begins to recover one point of Dexterity every two days. Penalties to Charisma and attack rolls end two days after Dexterity is fully healed.

Insults & Injuries

The Heal skill has no effect on saves against botulinum toxin, but long-term care doubles the speed of recovery.

Chickenpox

Also known as: Rhazes, varicella.

Ages: Any, but 90% of cases are before adulthood.

Description: Chickenpox is a very common but fairly mild disease seen all over the world. The disease most commonly affects children, not because they are particularly vulnerable but because once a creature has suffered from chickenpox they become largely immune and are much less likely to suffer from it again.

Chickenpox manifests as an itchy rash in which small, red, fluid-filled spots called “vesicles” cover the skin. Vesicles appear mostly on the torso and face; this is important to healers, as it is how the disease is quickly differentiated from the much-deadlier smallpox, in which vesicles appear mostly on the face, arms, and legs, and less on the chest. A creature exposed to chickenpox shows symptoms two to three weeks later. During the week before spots appear, the



creature often suffers what seems to be a flu or severe cold, with nausea, fever, sore throat, and muscle pains. Spots last for five to 10 days, rupturing and scabbing over during this time. A creature is infectious a few days before spots appear and can remain contagious for up to three weeks after the spots have all disappeared.

Unknown to most people, chickenpox can actually be a deadly infection, particularly in adults, though much less so in children. Chickenpox can lead to infections of the brain or the lungs, and if a pregnant humanoid contracts the disease the unborn child can be affected. Fortunately, such complications are rare and easily controlled by prompt access to healing magic.

Mechanics: A creature who is exposed to chickenpox is only at risk of infection if it has never been exposed before; a creature of adult age has a one in 20 chance of not already being immune. A vulnerable creature who is exposed makes an immediate DC 15 Fortitude save. If the save succeeds, the creature does not become infected, but also does not become immune. If the save fails, 2d10 days later the creature becomes sickened for 1d6 days. At the end of this time, the creature is no longer sickened and the Fortitude save is repeated. If it succeeds, the creature becomes immune to chickenpox and has no further symptoms. If the save fails, the creature develops the characteristic skin rash for 1d6+4 days. While the rash is present, the creature takes a -2 penalty to concentration checks and Climb, Craft, Diplomacy, Profession, and Sleight of Hand skill checks due to the distracting itch. When the rash ends, the creature is immune to chickenpox.

Treatment: *Remove disease* instantly ends a chickenpox infection and all penalties associated with it. If the spell is cast within one day of the creature becoming sickened by the disease, the creature does not become immune to chickenpox.

No non-magical cure exists for chickenpox, although various herbal remedies and lotions are used to control the itching. An anti-itching remedy negates all penalties associated with the itch if the recipient makes a successful DC 15 Will save when the remedy is applied. The Heal skill otherwise has no effect.

Hepatitis

Also known as: Liver sickness.

Ages: Usually adult.

Description: Hepatitis, literally “inflammation of the liver,” is a common malady worldwide. Although initial infection with hepatitis does not cause particularly severe symptoms, hepatitis can stay in

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the body for decades and, over time, cause cirrhosis (q.v.) and liver cancer (q.v.).

Hepatitis is a blood-borne infection, able to survive outside of the body on metal for about four days. Although legends speak of assassins who have knowingly painted their blades with tainted blood, by far the most common means of spread is through infection at birth or sexual transmission.

Some scholars suggest that up to one-quarter of the world's humanoid population may be exposed to the virus in their lifetimes, about one-tenth of whom will carry the virus for years unless cured magically. The disease is common in some regions, where it infects about 20 percent of all humanoids, and uncommon in others, where it infects about one percent.

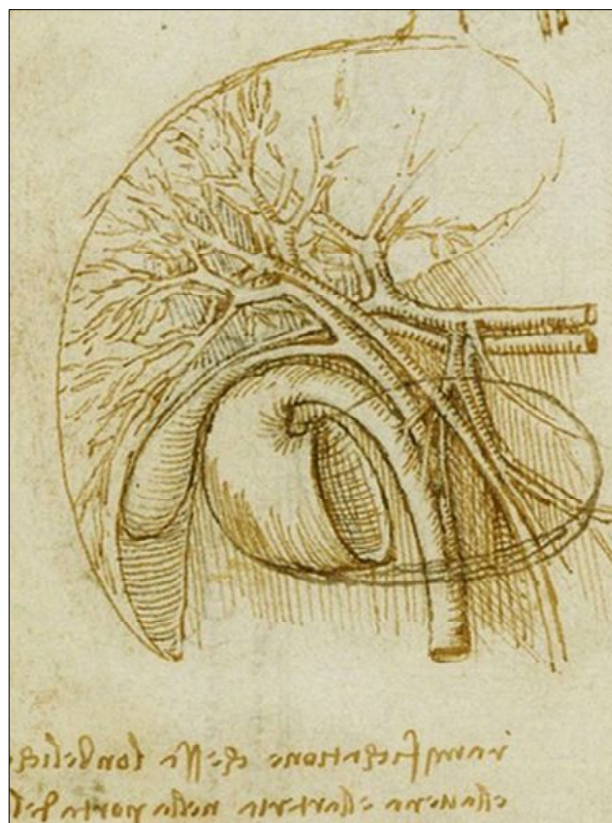
Mechanics: A creature exposed to hepatitis makes an immediate DC 14 Fortitude saving throw, an additional save one month after exposure, and one again after six months. If any of the three saves fail, the creature contracts hepatitis. If only one save fails, the creature fights off the infection without developing any symptoms and becomes immune to future infections of hepatitis. If two saves fail, the creature is asymptomatic but has a 5% chance of being a chronic carrier of the disease. If all three saves fail, the creature develops symptomatic hepatitis, becoming sickened for 1d2 days and afterwards staggered for 1d8 days minus its Constitution modifier (minimum of 0 days). The creature also suffers jaundice, with its skin taking on a yellowish tinge for the duration of the illness. At the end of the staggered period, the creature has a 25% chance of being a chronic carrier of hepatitis.

A creature born to a mother who carries hepatitis has a 20% chance of contracting hepatitis and, if the disease is contracted, a 90% chance of developing chronic infection.

A creature suffering from chronic hepatitis has a 1% chance per year of developing liver cancer if it contracted the disease at birth and a 10% chance per year if it contracted it later. A chronic carrier also has a 5% chance per year of developing cirrhosis (see Chapter 4). This chance increases to 10% if it is also at risk of cirrhosis due to alcohol use.

Now I know my ABCs ...

The “hepatitis” described here is really the hepatitis B virus, as opposed to other viruses that are also known as hepatitis. Hepatitis C causes cirrhosis and is usually mistaken by healers as just another case of too much alcohol.



Treatment: A *remove disease* spell cures hepatitis, whether it is symptomatic, asymptomatic, or chronic. A creature cured of the disease no longer needs to make checks for cancer or cirrhosis.

The Heal skill may be used in place of an infected creature's Fortitude saving throws within one month of the save being required, at any time up until symptoms develop.

Leprosy

Also known as: Scaly plague, kushtah, lei-fon.

Ages: Any.

Description: Leprosy is one of the most feared diseases in the world. Although it is far from being the deadliest disease, leprosy is known to be contagious (although approximately 95% of all humanoids are thought to be naturally immune) and, more importantly, is highly visible. Creatures who suffer from leprosy have a distinctive appearance, and even uneducated peasants and children generally know enough to fear contact with them. Ironically, because leprosy is a slow disease that is easily treated by magic, many scholars believe it does not deserve its terrible reputation; there are other diseases much more deserving of people's fear, but they are not so

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easily spotted by the casual observer.

Popular belief is that leprosy causes the skin to rot and the limbs to fall off, but this is not the case. In reality, it is primarily a disease of the nerves. As nerves become damaged, sufferers lose sensation first in their fingers and toes and then in their arms and legs. As sensation worsens, sufferers fail to notice when they are hurt, allowing wounds to the limbs to accumulate and go untreated. Given time, limbs can be lost due to gangrene, literally rotting away on the body. As nerve damage spreads, hands curl to take on a claw-like appearance, feet are difficult to lift and dangle when the creature takes a step, and the face may become paralyzed. One organ, the nose, can actually “fall off” due to leprosy; for reasons that healers cannot explain, the nose is directly damaged by the disease, leading to frequent nose bleeds, and it may become flattened, sunken, or gangrenous. The skin of a creature suffering from leprosy develops asymmetrical scaly growths, particularly in cooler areas of skin such as the face and hands. These lesions of the skin are painless and do not itch, in contrast to many other skin diseases.

One curious feature about leprosy is that while creatures with weaker immune systems suffer more skin damage, creatures who are relatively resistant to

other diseases are more likely to lose fingers and toes. The worst cases of leprosy are seen in those with average immune systems, as over time they develop both damaged skin and loss of limbs.

Leprosy is spread from close contact and droplets from coughing and sneezing. The disease tends to spread most easily between family members, which may relate to prolonged close contact or to some hereditary factor in immunity. Leprosy is one of the few diseases seen almost exclusively in humanoids; the only animal which has ever been proven to suffer from natural leprosy (as opposed to being infected by magic) is a species of armadillo, although some other animals can carry the disease without suffering from it.

When leprosy spreads, its incubation period can be unpredictable; cases exist where it appears within weeks of exposure, and other cases where 50 years elapse before symptoms appear. Most commonly, the incubation period is approximately five years. Once contracted, leprosy often waxes and wanes, worsening for months before stabilizing for months.

Because leprosy is so infamous and easily recognized, many societies treat leprosy by isolating sufferers. Such people are often labelled as “lepers” and heavily stigmatized, either as “evil” (on the assumption that the disease is a curse from the gods) or as “unclean” (on the assumption that they have somehow brought the disease upon themselves through sin). Leper camps exist, in theory, to prevent the spread of the disease, but in practice they often become little more than prisons. When healthy children are born in “leper colonies,” they may or may not be allowed to leave and rejoin the healthy population. Even when a creature has been entirely cured of the disease by divine magic, neighbors may continue to see the former sufferer as somehow infectious. On the other hand, some races have been known to deliberately cultivate leprosy; legends speak of a band of Dwarven berserkers who would magically infect themselves with the disease, as it rendered them unable to feel the pain of wounds and allowed them to fight on long after other warriors had collapsed.

Mechanics: A creature who is exposed to leprosy has a 95% chance of being immune to the disease and does not need to make any further checks, at that time or in cases of future exposure. If the creature is not immune, it must make two DC 10 Fortitude saves, one immediately and another at the end of the disease’s incubation period, which is determined by rolling on Table 8.1. If either save succeeds, the infection is fought off. If both saves fail, the creature begins to show symptoms of leprosy at the end of the incubation period.

Chapter 8: Infections

Table 8.1

1d10	Incubation period
1	3 months
2	6 months
3	9 months
4	1 year
5	3 years
6	5 years
7	10 years
8	15 years
9	30 years
10	50 years

A creature suffering from symptomatic leprosy must make two Fortitude saving throws each month. If the first save (DC 15) fails, the disease causes deformity of the skin and the creature suffers 1 point of permanent Charisma drain. If the second save (DC 20) succeeds, the creature's own immune reaction causes nerve damage and the creature suffers 1 point of permanent Dexterity drain and 1 point of permanent Constitution drain. Regardless of whether the first Fortitude save succeeds or fails, the creature still develops at least a small number of plaque-like skin lesions that are identifiable as leprous to an observer who succeeds on a DC 15 Heal skill check. If both saves succeed three months in a row, the disease goes into remission for 1d20 months, during which time no Fortitude saves are required.

For every three points of Dexterity lost due to leprosy without obtaining magical healing, the creature loses one limb the following month. The limb lost is determined according to Table 8.2. No matter how many Fortitude saves fail, leprosy cannot reduce a creature's Charisma below 3.

Table 8.2

Points of Dex Lost	Limb lost (cumulative)
3	One finger
6	Two fingers
9	One finger and one foot
12	One hand
15	One foot
18	One arm (at the elbow)
21	Remaining arms/legs

Treatment: *Remove disease* instantly cures leprosy but does not cure existing cosmetic damage or loss of sensation. *Remove disease* does not cure the infection if cast during the incubation phase, but does cure it if cast during a period of remission. Ability drain must be healed by a *restoration* spell or more powerful magic. Lost limbs require at least a *regenerate* spell to heal.

The Heal skill may be used in place of an infected creature's Fortitude check. If both Heal checks succeed for two months in a row, the disease enters a period of remission for 1d20 months.

Malaria

Also known as: Ague, marsh fever, mosquito disease.

Ages: Any.

Description: Malaria is a disease older than history. Before humans came down from trees, stone tablets in ancient proto-Elvish scripts describe malaria-like symptoms. It has even been said that malaria predates most of the gods; before any creature conceived of war, secrets, or love, there was malaria. Whereas many diseases are only poorly understood by healers, malaria has been present for so long and in so many areas that most people are well acquainted with it in one form or another. Folk remedies have been discovered to treat malaria and, unlike those used to treat countless other diseases, many of these actually work.

Malaria is an infectious disease usually seen in tropical and swampy regions, where it is spread from person-to-person by mosquitoes. Malaria is associated



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with poverty, as wealthier families are more likely to be able to afford anti-malaria treatments, netting to keep mosquitoes away, and homes farther from the swampy terrain mosquitoes favor. Pomanders (see Appendix III), if filled with incense that repels the insects, can be effective at keeping mosquitoes away as well.

Malaria causes several problems within the body, including headache, fever, joint pain, nausea, vomiting, anemia and fatigue, blindness, seizures, chills, sweats, and brain damage. Malaria has a characteristic pattern of sudden-onset episodes of feeling cold followed by fever and sweats lasting approximately six hours. These episodes end suddenly and recur every one to three days.

Malaria's lethality comes from damage to organs. As parasites infect the blood vessels, cells are destroyed and blood clots form. The brain and lungs in particular become damaged by lack of oxygen. Without magical or medical healing, the mortality rate of malaria is approximately 10%.

Mechanics: A creature infected with malaria makes a DC 15 Fortitude saving throw at the time of the mosquito bite and again 2d6 days later. If both saves fail, the creature contracts malaria parasites that begin to damage red blood cells and the liver. The creature is sickened for 2d3 hours and takes 2d10 points of damage and 1d2 points of Constitution damage. Every 1d6x12 hours, the creature must repeat the Fortitude save or continue to be sickened and take the above damage again. A creature who succeeds on three consecutive saves is cured of the disease. A creature who is thus cured of the disease has a 30% chance of becoming immune for a number of years equal to its Constitution modifier. If an immune creature is exposed to malaria again during this time it does not require any Fortitude saves and its immunity is cumulatively extended for 1d2 more years.

After an episode of malaria ends, there is a 1% chance that malaria infests the creature's liver, becoming chronic and able to recur at any time. The disease remains dormant for 1d10x6 months and then reappears suddenly as though the creature had become newly infected. Malaria species that infest the liver tend to be the less deadly species; Fortitude saves are made versus the same DC and at the same frequency, but the disease deals only 1d10 points of damage and 1 point of Constitution damage per failed save.

Treatment: *Remove disease* cures malaria (including chronic malaria) but does not heal damage caused by failed saves, while any *cure* spell heals hit point damage and any *restoration* spell heals ability damage due to malaria. If malaria is magically cured

within one day of symptoms appearing, the creature has no chance of developing immunity.

The Heal skill cannot be used instead of a creature's fortitude save but can be used to prepare a remedy. Cinchona plants, which are highly poisonous, can be used to fight or prevent malaria. If properly prepared with a DC 20 Heal, Craft (Alchemy), or Profession (Herbalist) skill check, a powder made from the plant can be swallowed alone or mixed with wine. It provides a +6 bonus to Fortitude saves to avoid contracting malaria made within 12 hours of ingestion, or provides a +4 bonus to saves made within 24 hours of ingestion to fight off the disease once contracted (see Chapter 12: Medicines for further details).

Plague

Also known as: Black death, bubonic plague, plague of (insert name of location or king).

Ages: Any.

Description: The word "plague" can refer to any infection that spreads rapidly across a large area, causing significant sickness. Most commonly, the word is used to refer to the bubonic plague, an infection that has spread across entire countries, killing millions over the course of decades. Bubonic plague is blamed for a number of terrible epidemics and pandemics in history, some of which wiped out entire civilizations. There is much disagreement among scholars as to whether or not famous outbreaks were actually the bubonic plague or some other diseases, but bubonic plague remains the stereotypical "black death" of which kings and peasants alike live in fear.

A humanoid with bubonic plague is not infectious to other humanoids. The plague is most commonly brought to new areas by animals, such as rats and marmots; the first sign of a plague outbreak in a new city is often the discovery of a group of dead rats. Fleas, which bite the animals, become carriers of the disease, which they pass on to other animals and to humanoids. Infested rats may make it onto caravans or merchant ships, and humanoids spread the fleas overland by traveling. The availability of teleportation magic has allowed the plague to reach areas previously unaffected. Fleas can survive with the plague for upwards of four days, allowing it to spread across distances if they are carried by a host. One reason why the true identity of the "black death" is sometimes questioned is that the plague sometimes appears in locations without a rat population; unfortunately, few such sites have scholars thorough or brave enough to study the infected population in detail and determine precisely what infection it is.

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Bubonic plague's name comes from swellings, or "buboes," that it causes, particularly in the neck, armpits, and groin. These swellings are lymph nodes, sites where the body's immune tissues are concentrated and which become swollen with many diseases, and are tender and painful. As the disease progresses, the lymph nodes become necrotic and overlying skin can begin to rot painfully.

In five to 10 percent of cases, this disease spreads to the blood, where it becomes septicemic plague, or to the lungs, where it becomes pneumonic plague. If septicemic plague develops, blood clots form within the arteries and veins, causing strokes, organ damage,

and uncontrolled bleeding. Blood pressure falls and lack of oxygen to the brain causes death, often the same day that septic symptoms appear. If pneumonic plague develops, the sufferer develops a severe cough that rapidly spreads plague to those around it, and it is this form that can quickly infect and destroy entire communities. Pneumonia develops as blood pools in the lungs and practically all sufferers drown or suffocate in a matter of days. Altogether, without magical healing, the plague is lethal in about 50 percent of cases.

Mechanics: A creature exposed to the plague (usually via flea bite) makes an immediate DC 20 Fortitude saving throw and then another in 1d6 days. If both saves fail, the creature contracts the plague. The creature develops high fever and painful buboes that start off red and turn blue as the lymph node bleeds and the skin bruises. The creature is sickened and suffers 1d2 points of Dexterity damage due to pain. Starting one full day after symptoms begin, once per day for five days, the creature has a 10% chance of dying from the plague outright. A creature who survives this period remains sickened for 1d2 weeks. The creature's buboes heal, but they suffer 1 point of permanent Charisma drain due to scarring.

Creatures with natural armor of +1 or better are immune to flea bites and so cannot contract the plague except by magical means.

Treatment: *Remove disease* cures the plague and prevents Charisma drain due to scarring. Spells such as *sanctuary* and *antilife shell* are sometimes used to protect individuals or small areas from infectious vermin.

The Heal skill has no effect on the plague. No effective non-magical treatment is known to exist for the plague, although thousands of remedies and therapies have been attempted during outbreaks.

Polio

Also known as: Noble weakness.

Ages: Usually in the first six years of life regardless of race.

Description: Polio is a common infection that is usually not dangerous — and in fact, usually not recognized — but which in relatively rare cases can cause damage to the nervous system and permanent paralysis. Polio is spread by water contaminated by humanoid waste, and bodies of water that are near or used as privies and latrines can infect entire towns. Most children living in unsanitary conditions are exposed to and become immune to polio at a young age. Polio wreaks the greatest damage on children who live in relative cleanliness and so do not become

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immune while young; if they do contract the disease, it is later in life and more likely to cause permanent harm. In addition, wealthy families account for most adults who suffer from the effects of polio, as they can afford to hire servants and thus survive becoming paralyzed. In some aristocratic and autocratic circles, polio is actually seen as a blessing upon a family and as a sign from the gods that an individual is meant to live in luxury and not to labor. In such circles, the term “noble disease” refers not to the population at greatest risk but to the belief that the disease “proves the nobility” of the sufferer.

In the vast majority of polio infections, polio is entirely asymptomatic. The creature fights off the disease and becomes immune without ever knowing it was infected. In five to 10 percent of cases, the infection is mistaken for a cold or flu. In just under five percent, the infection reaches the nerves and may cause meningitis (see Chapter 2; polio causes viral meningitis and is rarely deadly). A creature infected with polio before adulthood has a 1 in 1,000 chance of suffering long-term effects. A creature infected after adulthood has a 1 in 80 chance. Sensation is largely

unaffected, but muscles become weak and eventually completely paralyzed.

Because polio exerts its most harmful effects when contracted in adulthood, races with longer childhoods and longer periods of neurologic development have lower rates of severe illness. Paralytic polio is rare among Dwarves and almost unheard of among Elves. Humans are the most widely-recognized sufferers, but the race most harmed by polio is actually Goblins, among whom polio is one of the most significant causes of death. Because few Goblin epidemiologists exist, and as a Goblin showing early signs of paralysis is likely to be killed before the illness reaches a late stage, the disease is largely unrecognized and there are few or no old paralyzed Goblins.

Mechanics: A creature exposed to polio makes an immediate DC 12 Fortitude saving throw and a second after 5d6 days. If either roll results in a natural 1, the creature develops viral meningitis (see Chapter 2). If one or neither roll is a natural 1 and only one save fails, the creature contracts polio but fights off the infection; it is asymptomatic and become immune. If both saves fail but neither is a critical failure, the creature develops symptoms similar to the common cold (see Chapter 3).

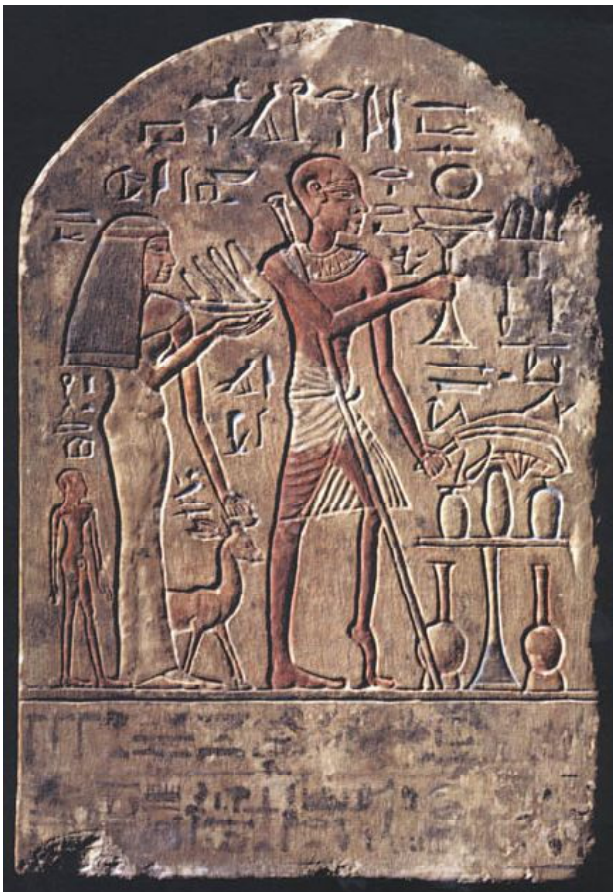
If meningitis develops, on the first day of infection if the creature is younger than Adult age, it must roll 3d10; if all the dice roll 1s, the creature develops paralytic polio. If the creature is adult age or older, it must roll 1d10 and 1d8. If both the dice roll 1s then the creature develops paralytic polio.

A creature suffering from paralytic polio is sickened and suffers 1d2 points of Dexterity damage. Starting the next day, the creature must make a Fortitude save (Child: DC 12; Adult: DC 20) each day. For every failed save, the creature takes 1d2 points of Dexterity drain. If the creature succeeds on three consecutive saves, the infection ends and the creature is no longer Sickened. A creature who loses one quarter of its Dexterity loses the use of one limb, chosen randomly by the GM. A creature who loses half of its Dexterity loses the use of a second limb. A creature whose Dexterity reaches zero is entirely paralyzed, can no longer breathe, and suffocates without magical aid.

A creature who contracts polio, even if asymptotically, remains infectious for 1d4 weeks.

Treatment: *Remove disease* cures polio instantly and heals the disease’s Dexterity damage but not Dexterity drain, the healing of which requires a *restoration* spell. *Remove paralysis* heals all Dexterity damage and Dexterity drain caused by polio but does not prevent ongoing loss.

The Heal skill can be used in place of an infected



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creature's Fortitude save to fight off infection, but has no effect on saves against permanent drain once paralytic polio sets in. Heal checks must be made within one week of a creature's own Fortitude checks.

Rabies

Also known as: Hydrophobia, mad dog fever, rabhas sickness.

Ages: Any.

Description: Rabies is an illness primarily carried by animals. It is most famously spread by dogs, but commonly also by foxes, raccoons, and skunks. Despite popular belief, rats and rabbits rarely spread rabies. Humanoid-to-humanoid transmission has never been reliably recorded. Ancient scholars recognized that some “maddened” or “enraged” animals could spread their madness to humanoids by their bites. Originally thought to be a variation of lycanthropy, rabies was eventually identified as a less supernatural illness more easily cured by spells such as *remove disease*.

Unlike most infectious diseases, which cause symptoms within days to weeks, rabies can take months to kill a humanoid. Symptoms usually appear between 30 and 90 days after infection, although in rare cases it can take as little as a few days or as long as a year. The time it takes for symptoms to appear seems to be related to how far the original bite is from the brain — the virus is thought to travel through the body at about one half of an inch per day — but this alone does not explain the variation. Unverified stories exist of colossal-sized creatures infected with rabies at one end of their bodies that finally succumb to the infection a decade later.

When symptoms of rabies begin, they often start with numbness and tingling at the site of a bite, partial paralysis, confusion, and anxiety. Over the course of the following days this evolves into paranoia, terror, and hallucinations. Rabies is commonly believed to cause a creature to fear water, which explains why it is widely known as hydrophobia, but creatures who believe water will somehow protect them from a rabid animal tend to be sorely and painfully disappointed. Rabies does not cause a fear of water itself, but a rabid creature experiences paralysis of the throat and pain with swallowing, and so shies away or even panics when presented with fluids in general. This unwillingness to swallow, combined with an overproduction of tears and saliva, often gives a frantic and drooling look to the sufferer which is widely known as “foaming at the mouth.” Without magical healing, death is certain within two weeks of symptoms appearing.



Some scholars suggest that creatures infected with rabies might survive if somehow kept unconscious. There are unverified reports of individuals who were thought to be infected with rabies but kept magically asleep and paralyzed for six to 10 days who then awoke with few or no ill effects. Given the relative difficulty of casting *sleep* or *symbol of sleep* consistently on a creature for 10 days versus casting *remove disease* once, it is likely that this research will not be pursued by most healers.

Mechanics: A creature that is bitten and takes at least one point of damage from a rabid animal makes an immediate DC 14 Fortitude saving throw and again after 2d6 weeks. If both saves fail, the creature suffers 1d4 points of Intelligence, Wisdom, and Charisma drain each day. When any ability score is reduced to one half (rounded down), the creature's throat becomes paralyzed, impairing speech and drinking and giving the appearance of “hydrophobia.” If any ability score falls to 3 or below, the creature becomes confused. When an ability score reaches 0, the creature dies.

Treatment: *Remove disease* cures rabies instantly, stopping further deterioration. *Restoration* spells or similar magic are required to restore drained ability points.

A DC 10 Heal skill check made within five minutes of the infliction of a rabies-infected wound prevents infection. This requires washing the wound with soap and water, alcohol, iodine, or another antiseptic. Otherwise, the Heal skill has no effect on rabies.

Smallpox

Also known as: Variola, scarring disease.

Ages: Any.

Description: Smallpox — as opposed to syphilis, known as “the pox” or “the great pox” — is a common disease that is deadly in about one in three cases. It is

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responsible for about one third of all blindness in humanoids and leaves three-quarters of all survivors with disfiguring scars. Smallpox's most visible manifestation is the appearance of numerous pimple-like blisters that appear on the skin, worst over the face, arms, and legs (as opposed to chickenpox, where blisters are worst on the face and torso).

Two forms of smallpox exist: a major form, which is more common and has a higher mortality rate, and a minor form, which has a better prognosis. Both are similar in appearance except that the rash is less severe in the minor form. Approximately 12 days after infection, the creature suffers a flu-like illness. This is followed two to four days later by the appearance of reddish spots on the tongue and inside the mouth and by the eruption of small spots on the skin that develop into fluid-filled blister-like bumps; the creature becomes infectious at this point. The rash starts on the forehead and spreads down the body. New blisters stop appearing within two days and in one to two weeks they begin to leak, crust, scab over, and deflate. Within 20 days, scabs fall off, leaving pale scars that are often most noticeable on the face. By the time the last scabs fall off, the creature is no longer infectious. Death, if it occurs, is usually due to infection of the respiratory system, causing pneumonia (see Chapter 3).

A creature that survives smallpox cannot be infected with the illness again. Many communities with a strong healer tradition practice a form of inoculation known as variolation, the deliberate infection of healthy individuals with small amounts of smallpox to produce mild infection and subsequent immunity. To produce this infection, smallpox scabs are ground to powder and inhaled. Although this can cause a true smallpox infection, the mortality rate is about one percent, as opposed to 30 percent mortality from a normal infection.



Mechanics: A creature exposed to smallpox — usually by inhalation of droplets from the cough or saliva of an infected creature, but also from shared bedding or other objects — makes an immediate DC 16 Fortitude saving throw and one again after 3d4 days. A creature deliberately inoculated or variolated with smallpox makes these saves versus DC 10. If both saving throws succeed, the infection is fought off and the creature becomes immune. If both saves fail, the creature suffers a particularly severe infection, becomes staggered, and dies in 2d6 days unless magically healed. If only one save fails, the creature contracts smallpox and becomes sickened for 1d2 days, then staggered for 1d2 days, then sickened again as the rash appears. At this point, the creature must attempt two DC 14 Fortitude saves. If the first save fails, the creature develops pneumonia (see Chapter 3). If the second save fails, the creature develops severe scarring and suffers 1d2 points of Charisma drain. After 1d2 days, the creature is no longer sickened, but the rash persists for 5d4 days. Assuming the creature does not develop pneumonia, there are no further symptoms and the creature is now immune to smallpox and cannot be reinfected.

Treatment: *Remove disease* ends a smallpox infection and prevents pneumonia and scarring if cast before Fortitude saves are made against these effects. If the spell is cast before a victim enters the staggered stage, the creature does not become immune to the disease and remains vulnerable to reinfection. Charisma drain due to scarring requires a *restoration* spell or similar magic to heal.

The Heal skill cannot be used in place of a creature's Fortitude save against ordinary smallpox infection, but can be used for saves of creatures deliberately variolated by a healer. Heal checks must be made within two days of the creature's own checks.

Tetanus

Also known as: Lockjaw, gobbo's revenge, knight's bane.

Ages: Any.

Description: Tetanus is a major health concern for adventurers, soldiers, and others who risk their lives in battle. Many valiant and skilled swordsmen have emerged from combat victorious, only to die in agony shortly afterwards due to an infection caught from a single cut by a rusty blade.

Tetanus is a curious disease that follows a cut or puncture of the skin, usually by a dirty weapon, wherein all of the body's muscles contract uncontrollably. The creature suffers initial pain and stiffness, which soon develops into a characteristic

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facial grimace and finally an inability to move due to spasms. Contraction of the facial muscles is usually the first sign of the disease and inspired the disease's name, "lockjaw." The face contorts into a characteristic smile-like grimace known as the "risus sardonicus." Over time, stiffness spreads to the rest of the body, making movement difficult, and spasms force the body to adopt a characteristic position known as "opisthotonos." Spasms initially happen hours apart and last for seconds but soon happen more often and can last for minutes. Symptoms eventually become less severe and usually stop within four weeks. If the disease is sufficiently severe, spasms can stop the creature from breathing, and the body's muscles can break down due to overuse. Without magical aid, only 25% of sufferers survive.

Tetanus is associated with dirty wounds and is linked in particular to rusted metal kept outdoors or in unsanitary conditions. Old and uncared-for iron or steel weapons seem to pose the greatest risk. The organism responsible for tetanus is most commonly found in earth and soil and rusted but clean weapons kept inside a castle or armoury are unlikely to cause the disease. The classic source of tetanus infection is from the blades of Orcs and Goblins, who often keep their weapons at hand by stabbing them into the earth while they sleep; such is the frequency of infection in such circumstances that many adventurers refer to tetanus as "the gobbo's revenge."

Like botulism, tetanus is thought to be caused by a toxin produced by an infectious organism, rather than by an infection itself. Scholars support this theory by citing instances where *neutralize poison* has successfully cured the disease. Exposure to tetanus does not confer immunity; a knight who recovers from



weeks of tetanus symptoms might become infected again the next day by stepping on a rusty nail as he walks out of the temple of healing.

Mechanics: A creature exposed to tetanus — usually from a wound — makes an immediate DC 15 Fortitude save and one again after 2d6 days. If both saves fail, the creature contracts tetanus. See Table 8.3 below for symptoms of tetanus over time.

Treatment: A *remove disease* spell cures tetanus instantly and ends an ongoing opisthotonic spasm as well as any related penalties. *Remove paralysis* ends a current opisthotonic spasm but has no effect on generalized tetanic stiffness and does not prevent further spasms. A magically-paralyzed creature or a creature otherwise unable to move its muscles is immune to spasms for the duration of the effect. *Neutralize poison* and *delay poison* prevent tetanus if cast between infection and appearance of symptoms.

A Heal skill check can be made in place of a creature's first Fortitude save against contracting tetanus, but afterwards has no effect on the disease.

Table 8.3: Tetanus Symptoms

Day	Muscles	Effect
1	Face	–2 to Charisma-based skills, pain when opening mouth.
2	Head and neck	Unable to eat solid foods.
3	Back and arms	–6 to Strength- and Dexterity-based skills.
4	Whole body	Opisthotonic spasms every 1d4x30 minutes lasting 1 round.
5	Whole body	Opisthotonic spasms every 1d2x15 minutes lasting 1d10 rounds.
6-13	Whole body	Opisthotonic spasms every 1d10 minutes lasting 2d10 rounds. A creature cannot breathe during a spasm and risks suffocation.
14-17	Whole body	Opisthotonic spasms every 1d8 minutes lasting 4d10 rounds. A creature cannot breathe during a spasm and risks suffocation.
18-21	Whole body	Opisthotonic spasms every 1d10 minutes lasting 2d10 rounds. A creature cannot breathe during a spasm and risks suffocation.
22-25	Whole body	Opisthotonic spasms every 1d2x15 minutes lasting 1d10 rounds.
26-27	Head and neck	Unable to eat solid foods.
28	Face	–2 to Charisma-based skills, pain when opening mouth.



Chapter 9: Injuries

So, you've been set on fire. Or perhaps you have been struck by lightning. These are the day-to-day hazards faced by all adventurers, particularly the successful ones. Not all injuries, however, are the same. A burn looks, feels, and heals differently than a cut. Electricity does not cause frostbite the way freezing does. Every injury is unique and has its own complications, something a canny healer never forgets.

Burns

Description: Burns are damage to tissue caused by heat or chemical exposure. Unlike purely physical damage, burn damage can destroy large areas of skin, depriving the body of its main mechanism for keeping out disease and keeping in water. Burns are also unusual in that the degree of pain that they cause is inversely proportional to their severity; the most severe burns destroy the skin's ability to feel pain, and so the deeper and more severe the burn, the less the damaged tissue is likely to feel it.

Burns are often classified into "degrees" that refer to their depths.

First-degree burns involve only the surface of the skin. These burns are often minimally painful, do not scar, and heal well. Sunburns, very brief exposure to flame, and other relatively innocuous burns are usually first-degree.

Second-degree burns involve the deeper layers of the skin. These are often the most painful burns but, if the heat damages the nerves, they are largely painless. Without magic, these burns take weeks to heal fully.

Third-degree burns occur when the skin is entirely burned and the tissues underneath, mostly fat, are damaged. These burns are painless except at their edges and cause scarring because the damaged skin cannot regenerate effectively. Hair will not regrow over these areas. Third-degree burns may be un-healable without magic.

Mechanics: Creatures that take large amounts of damage from heat, flame, or steam effects may suffer burns of varying severity. Burn severity is related to the percentage of a creature's maximum hit points (rounded down) that are lost (see Table 9.1.).

Table 9.1

% of HP Lost	Effect
0-20%	First-degree burn. Heals normally.
20-30%	First-degree burn. Creature suffers a –1 penalty on all skill checks for 1d4

days due to pain.

Second-degree burn. Creature suffers a –2 penalty on all skill checks for 1d6 days due to pain and takes 2 points of temporary Dexterity damage. Pain is considerable.

Second-degree burn. Creature suffers a –4 penalty on all skill checks for 1d8 days due to pain and takes 2 points of temporary Dexterity damage. Pain is excruciating.

Second-degree burn. Hit points lost from the burn heal at one-half the normal rate. Creature suffers a –4 penalty on all skill checks for 1d10 days and takes 2 points of temporary Dexterity damage. Very little pain.

Second-degree burn. Hit points lost from the burn heal at one-half the normal rate. Creature suffers a –2 penalty on all skill checks for 1d8 days and takes 4 points of temporary Dexterity damage. The creature suffers a –2 penalty to Fortitude saves versus disease until the hit point damage from the burn is healed. Little to no pain.

Second-degree burn. Hit points lost from the burn heal at one-half normal rate. Creature suffers a –2 penalty on all skill checks for 1d8 days and takes 4 points of temporary Dexterity and Charisma damage. The creature suffers a –4 penalty to Fortitude saves versus disease until the hit point damage from the burn is healed. Little to no pain.

Third-degree burn. Hit points lost from the burn heal at one-quarter normal rate. The creature suffers 4 points of temporary Dexterity and

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Constitution damage and 1d4 points of permanent Charisma drain. The creature suffers a –6 penalty to Fortitude saves versus disease until the hit point damage from the burn is healed. Little to no pain.

90-100% Third-degree burn. Hit points lost from the burn do not heal except with magic. The creature suffers 6 points of temporary Dexterity and Constitution damage and 1d6 points of permanent Charisma drain. The creature suffers a –8 penalty to Fortitude saves versus disease until the hit point damage from the burn is healed. Painless.

Treatment: Any *cure* spell can be used to treat hit point damage due to burns. Once half of the hit point damage is healed, the temporary ability score damage is considered healed as well and penalties to Fortitude saves are negated. Temporary ability damage can also be healed by *lesser restoration* or similar magic as normal. Permanent Charisma drain from severe burns is healed only by a *restoration* or *regenerate* spell.



A creature who is under long-term care of a healer heals hit point and ability damage faster as per the rules for long-term care, but the Heal skill otherwise has no special effects in burns.

Drowning

Description: Drowning refers to death caused by lack of oxygen to the brain due to filling of the lungs by a non-breathable substance. Most commonly, drownings occur in water, but in some diseases where the lungs fill with fluid, such as pneumonia, a creature may still “drown.” A creature that nearly drowns but escapes death may still be at risk for serious complications, including brain damage, heart failure, or longer-term lung injury. Brains of most humanoids can survive approximately six minutes without oxygen and, even if a creature’s heart stops due to drowning, the brain may be unharmed if the creature is healed quickly.

“Secondary drowning” is a process wherein water inhaled into the lungs causes damage even after the creature is rescued. Creatures can die up to three days after the actual immersion in water due to this slow damage. Secondary drowning can also occur due to inhalation of poisonous gasses, which harm the inside of the lung in a similar way.

Water does not have to be deep for a creature to drown. A creature being held under water or an incapacitated, unconscious, or inebriated creature can drown in only a few inches of liquid. A creature that does not need to breathe, or which is protected by a *Necklace of Adaptation* or similar magic, cannot drown or suffer from secondary drowning.

Mechanics: A creature immersed in water or otherwise unable to breathe can hold its breath for a period of time equal to twice its Constitution score in rounds. After this time elapses, the creature must make a Constitution check each round (DC 10, cumulatively increasing by +1 each round). If this check fails, the creature becomes unconscious and its hit points drop to zero. The creature continues to make Constitution checks each round it is unable to breath, with the DC increasing by +1 each round; each time it fails, the creature loses one hit point.

A creature that spends a total of five minutes (50 rounds) underwater and/or unable to breathe makes a DC 10 Fortitude saving throw. If this save fails, the creature suffers 1d2 points of permanent Intelligence and Wisdom drain due to brain injury. This Fortitude save is repeated once every 30 seconds (5 rounds) that the creature remains drowning thereafter, and the DC increases by +2 with each subsequent check.

A creature that falls unconscious underwater and

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is rescued must make an additional DC 14 Fortitude save at 24 hours, 48 hours, and 72 hours after rescue. Each time one of these saves fails, the creature suffers 1d6 points of temporary Constitution damage as their lungs continue to be damaged by inhaled fluid.

Treatment: A *water breathing* spell protects a creature from drowning; if cast on a creature who has fallen unconscious due to drowning, the creature is not required to make the three Fortitude saves versus secondary drowning after rescue. Hit point damage and ability drain heal normally.

Heal checks may be made in place of a drowning creature's Fortitude saves. Saves against secondary drowning must be made within 12 hours of the creature's own checks.

Electricity

Description: Electricity harms the body in a way quite unlike most other forms of damage. In principle, electricity causes burns, much as heat does. In practice, however, electricity has the capacity to flow through a creature's body. Some tissues have a low resistance to electricity, allowing it to flow through easily, whereas other tissues have higher resistance and, as the electricity passes through, heat is released and burns the body. Tissues such as the nerves and brain, which have a low resistance to electricity, are relatively unharmed, while tissues of higher resistance, such as muscles and bones, burn relatively quickly. The heart, which depends on a delicately maintained balance of electrical charges to function, is easily upset by electricity. Finally, because electricity causes the muscles of the body to contract and may stimulate nerves, electrical damage can be agonizing; although the electricity is often described as "painful," bards and poets who have survived

powerful shocks usually describe it as being less pain-like and more a feeling that something in the body feels terribly and profoundly "wrong." All of these factors combine to make electrical burns both very unpleasant and extremely insidious; a creature with little to no signs of outward trauma can have severe internal burns and heart damage that a careless healer or Cleric can easily miss.

The greatest risk of electrical damage is that it can upset the heart. Each heartbeat depends on small electrical currents passing through the heart in the correct sequence and at the correct speed. When a weak current from outside the body reaches the heart, it can cause the heart to become unsynchronized ("fibrillation"), in which case the heart loses the ability to pump blood effectively. When a strong current hits it, the heart can simply stop. In either case, death comes rapidly.

Mechanics: A creature that critically fails a Reflex save against an electrical effect must make an immediate Fortitude saving throw with a DC equal to the DC of the electrical effect. If this save fails, the creature's heart is fibrillating and the creature falls unconscious and stops breathing. Without healing, the creature's heart stops in 10 rounds and it dies. If this Fortitude save is also a critical failure, the creature's heart stops and the creature is dying.

Treatment: A creature whose heart is fibrillating can be made stable by any *restoration* or *heal* spell. A creature whose heart has stopped requires *raise dead* or more powerful magic. A fibrillating heart can be restored to normal if the creature is struck by another electrical effect (e.g., a "defibrillating" shock) and succeeds on a DC 10 Fortitude save, assuming the damage from the additional electricity does not reduce the creature's hit points to a negative value equal to

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its Constitution score. The creature remains unconscious but stable and if its hit points were greater than zero then they drop to zero. Defibrillation will not re-start a stopped heart.

A DC 20 Heal skill check ends electrically-induced fibrillation. A DC 30 Heal skill check can re-start a shocked heart that has been stopped for less than four minutes. This check requires 1d6 minutes, during which the healer must remain adjacent to the affected creature and cannot take any other actions. Multiple healers can take turns aiding the shocked creature, but only a single Heal check is made using the highest Heal score of the attending healers. If more than 6 rounds pass without a healer actively aiding a shocked character then the attempt at resuscitation fails.

Freezing and Frostbite

Description: Frostbite occurs when exposure to severe or prolonged cold causes tissues to either freeze or die due to lack of oxygen. When exposed to cold, the body redirects blood flow away from the skin and the extremities to increase blood flow and heat retention around vital organs. If cold exposure is prolonged, tissues such as the fingers, toes, and skin can die.

Although exposure to cold can cause pain at temperatures above freezing, frostbite does not occur until the temperature drops significantly lower, to approximately 0° Fahrenheit (c. -20° Celsius). Below -20° Fahrenheit (c. -30° Celsius), exposed skin can freeze in under one minute.

Mechanics: Most natural environments and magical cold spells do not reach sufficiently low temperatures to cause frostbite in the short duration they persist and have no effects beyond their normal damage. In temperatures below -30° Celsius, unprotected creatures that are not immune to cold suffer 1d4 points of nonlethal damage per minute and must make a Fortitude save or take an additional 1d6 points of lethal cold damage each minute (see Table 9.2). For every 10 points of cold damage taken, the creature takes 1 point of temporary Constitution damage, and for every 3 points of Constitution damage the creature loses an extremity (see Table 9.3).

Treatment: Damage due to extreme cold can be healed by any *cure* spell. Fingers, toes, or other body parts that are lost due to cold require a *regenerate* spell or similar magic to restore.

A creature under the long-term care of a healer regains hit point and ability damage faster as per the long-term care rules, but the Heal skill otherwise has no special effects in cases of freezing and frostbite.

Table 9.2: Fortitude save DC Versus Extreme Cold

Temperature	Save DC
-20° Fahrenheit (c. -30° Celsius)	DC 1 +1 per minute of exposure
-40° Fahrenheit (c. -40° Celsius)	DC 10 +1 per minute of exposure
-60° Fahrenheit (c. -50° Celsius)	DC 20 +1 per minute of exposure
-75° Fahrenheit (c. -60° Celsius)	DC 30 +1 per minute of exposure

Table 9.3: Extremity Loss Due to Frostbite

Con Loss	Extremity Lost
3	One finger
6	Two toes
9	Two fingers and toes
12	Skin of the face (1 point of permanent Charisma drain)
15	Three fingers and one foot
18	One foot and two fingers

Chapter 9: Injuries



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Chapter 10: Nutritional Deficiencies

“Why do we become sick?” is something advanced cultures have the luxury of asking. “How do we heal the sick?” is something educated cultures have the power of asking. Less advanced and educated cultures often face a far more basic question: “What can we safely eat and will we become sick if we don’t eat it?” Throughout most of history and across almost every society, a lack of proper nutrition is among the greatest killers and causes of sickness. A healer who can help people eat well today saves themselves countless hours of curing them tomorrow.

Rickets

Also known as: Bow legs, horseman’s legs, osteomalacia.

Ages: To develop rickets, a creature’s diet must be deficient in vitamin D early in life, while its bones are still growing.

Description: Rickets is a disease wherein a creature grows up with misshapen bones. Classically, this manifests as a bowing outward of the legs, in what is known as a “varus deformity,” although if it develops later in childhood the legs may bow inward instead (“valgus deformity”), resulting in knock-knees. Rickets is the result of a lack of vitamin D during growth and development of a creature’s long bones. Vitamin D regulates the body’s efficient absorption and use of calcium and other nutrients and is essential for most races’ formation and mineralization of bone. Without enough vitamin D, the bones remain too soft during their growth and bend under a creature’s weight, resulting in bowed bones and legs instead of straight legs. Deficiency must be severe for there to be a visible effect on the bones, and the disease is generally only seen in regions with severe famine over many years.

Rickets is easily prevented but very difficult to cure. Prevention is accomplished by a creature consuming foods rich in vitamin D, which include fish, eggs, butter, and many types of meats. Sunlight can help the body to produce vitamin D on its own; “provitamins” in the skin are converted to vitamin D on exposure to ultraviolet light from the sun, supplementing a creature’s dietary intake, but creatures who receive little sunlight can still get adequate vitamin from their diets. Many subterranean races in particular, for whom sunlight is often a rare sight and may do more harm than good, have developed diets rich in various mushrooms and fish to compensate.

Once rickets develops, bow-leggedness becomes the body’s “natural shape” and is resistant to change. Improving a creature’s diet will improve

mineralization and strength of misshapen bones but will not straighten them. Some societies have experimented with breaking and re-setting bent bones to straighten them, but the survival rates of such procedures are poor in societies without extremely advanced healing techniques, to say nothing of the pain involved and the incapacity a creature faces during recovery. Even powerful magics, such as *regenerate* and similar spells, cannot straighten bent bones once they become the body’s natural shape.

Mechanics: At the end of each year prior to adulthood that a creature lives with insufficient vitamin D intake, and for the first 10% of adulthood (two years for a Human, eight years for a Dwarf, seven years for an Elf, etc.), a creature must attempt a DC 15 Fortitude saving throw. For each failed save, a creature’s base land speed is reduced by 1 foot. If this penalty becomes equal to or greater than 5, the creature develops a permanent –1 penalty to Charisma due to visible malformation.

Treatment: Only magic that directly restores vitamin D to the body, such as *heroes’ feast*, *goodberry*, and *create food and water*, will prevent the onset of rickets. Such magically-fortified foods must be

Sidebar: When I Grow Up

Although rickets will only develop if a creature is vitamin-deprived while growing, adults who are deficient in vitamin D develop their own symptoms. These include brittle bones, muscle aches, and twitches. Some healers believe it predisposes to depression as well. At a GM’s discretion, creatures chronically deficient in vitamin D may develop a permanent –2 penalty to Constitution or take a –2 penalty to skills requiring fine motor control. Treatment of the condition in adults is identical to treatment in children.

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consumed at least once per week to offset a nutritional deficiency. Once movement penalties have been sustained, no magic short of a *wish* or *miracle* will straighten the bones.

A rare few societies treat rickets “surgically,” meaning carefully breaking the bones of a fully-grown adult and setting them in such a way that they heal straighter. Aside from being excruciatingly painful and potentially crippling, this treatment is feasible only in societies that have developed some means of properly healing fractures to begin with, such as with the use of casts or braces.

Most societies recognize that a healthy diet helps to ensure that a child grows straight and tall, although few understand precisely which nutrient in the food plays this role, and provide their children with appropriate foods before the disease advances too far. A small number of societies have discovered that sun exposure improves bone health, but it is difficult for this to adequately compensate for a totally inadequate diet.

The Heal skill can be used to identify a creature suffering from rickets but has no curative benefit without actual vitamin supplementation.

Scurvy

Also known as: Pirate’s mouth.

Ages: Any.

Description: Scurvy is one of those rare illnesses that is extremely deadly and highly preventable, and its death toll depends entirely on one factor: how well a society understands nutrition. In societies that have not yet identified the pattern between health and the consumption of fruits and vegetables, scurvy is a poorly understood and much-feared killer of men, women, and children, but in societies with access to a few limes and lemons, scurvy is almost unknown.

Scurvy is a disease caused by a deficiency of vitamin C, an acid used by most living races to build collagen, the most abundant protein in the body. If collagen cannot be properly synthesized, the body loses its ability to maintain the structural integrity of its bones, tendons, blood vessels, and pretty much everything else. When someone suffers from scurvy, symptoms first appear in tissues that suffer a lot of wear and tear and therefore normally have particularly high rates of healing, such as the skin and gums. A sufferer begins by feeling tired and listless, develops red spots on the skin (“petechiae”) from broken blood vessels, and before long begins bleeding from its gums. If the disease continues, the sufferer develops pain over much of the body, its teeth begin to fall out, confusion sets in, and death follows.

Scurvy is a disease seen almost exclusively in humanoids and not in other animals. Most animals synthesize vitamin C in their bodies and do not require it in their diet. Humans, Elves, and the majority of other humanoids do not have this ability and so can develop the illness.

Mechanics: For every month that a creature lives without access to fresh fruits (e.g., lemons, limes, kiwis, berries), vegetables (e.g., carrots, potatoes, cabbage), or certain animal products (e.g., liver), it must attempt a DC 10 Fortitude saving throw. The DC of this check rises by 10 each month. The first time that a creature fails this save, it takes 1d4 points of Constitution damage; this ability damage cannot be healed with rest unless the creature’s nutrition improves. With each subsequent failed saving throw, the creature suffers one additional point of non-healing Constitution damage and takes 1d4 points of hit point damage that cannot be healed with rest alone. After three failed saving throws, all hit point and ability damage suffered by the creature, regardless of source, heals at only one half the normal rate, rounded down.

Treatment: *Lesser restoration* and *restoration* treat ability damage sustained from scurvy, while any *cure* spell repairs hit point damage sustained due to the disease. These spells do not restore a creature’s vitamin C levels, however, and do not prevent further damage. Although *remove disease* itself has no effect on scurvy, spells that create magically-nutritious foods that cure disease, such as *heroes’ feast*, cure scurvy by mundane means.

Most societies with a seafaring tradition have discovered various herbal remedies that seem to cure scurvy, but few if any societies understand why these herbs are effective. A DC 10 Heal skill check stops progression of the disease and allows the sufferer to heal normally. At the GM’s discretion, the DC of this check may be increased in a society where no such herbal remedies have yet been recorded. This Heal check is curative only if appropriate materials (e.g., fresh fruit) is available, and may not be possible on a ship at sea, in a lifeless desert, or under other particular circumstances.

Starvation

Also known as: Marasmus, kwashiorkor, wasting.

Ages: Any.

Description: Starvation is among the most common illnesses worldwide. Starvation occurs by the simplest of mechanisms: when a living body is unable to take in enough nutrients, it ceases to function in an optimal fashion, and when the deficiency is sufficiently

Chapter 10: Injuries

severe, the body wastes away and the creature eventually dies. Although in theory starvation should be an eminently treatable condition — the treatment, after all, consists simply of the creature consuming food — there are countless parts of the world where this treatment is complicated by famine, drought, or economic disparity.

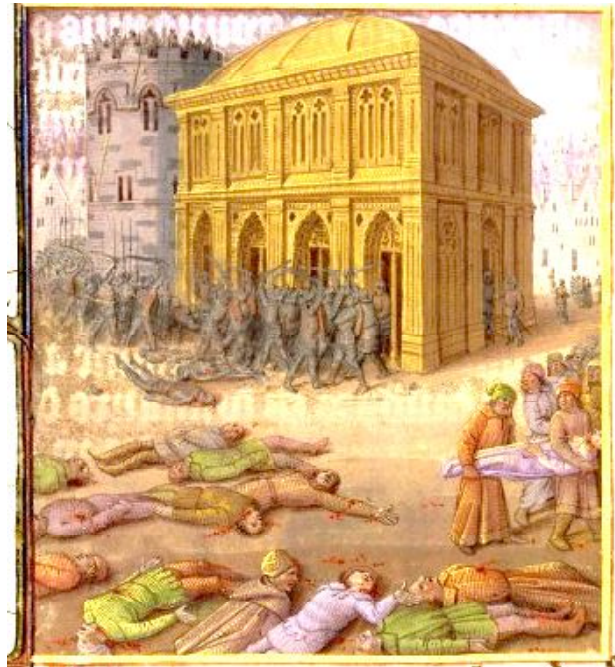
Broadly speaking, starvation can be divided into two subtypes: energy malnutrition, sometimes known as marasmus, and protein-energy malnutrition, sometimes known as kwashiorkor. Energy malnutrition occurs when a creature is deprived of all nutrients and cannot acquire enough calories. A creature suffering from energy malnutrition becomes emaciated and, in extreme cases, can appear to be little more than a skeleton with skin. In contrast, creatures develop protein-energy malnutrition when their diets are deficient in protein, even if they may be obtaining enough calories in the form of carbohydrates. Although the body becomes emaciated, protein-energy malnutrition causes liver enlargement and fluid accumulation under the skin, resulting in a characteristically distended abdomen. In both cases, creatures suffer hair loss, fatigue, irritability, skin breakdown and ulceration, and impaired immune function. Death from infection often occurs long before starvation itself becomes lethal.

Most living species are extremely well-adapted to living with inadequate diets; a starving creature undergoes numerous metabolic changes, all designed to improve its chances of surviving until food becomes available. Creatures often become lethargic and begin to lie out in the sun as a means of regulating their body temperature. The body's tissues break down in a programmed order, from least essential to most essential, and the body changes the ways in which it metabolizes sugars and fats. Although starvation can become irreversible, many creatures can physically recover from an astonishing degree of starvation.

Mechanics: A creature unable to obtain sufficient dietary intake for whatever reason for three days becomes fatigued. Each day, the creature must make a Constitution check (DC 10, +1 for each cumulative day) or take 1d6 points of nonlethal damage. When a creature takes an amount of nonlethal damage equal to its total hit points, it begins taking 1d4 points of lethal damage instead.

Treatment: Damage from starvation cannot be recovered until the creature consumes protein-rich food. Until the creature is fed, no magic short of a *wish* or *miracle* will restore lost hit points.

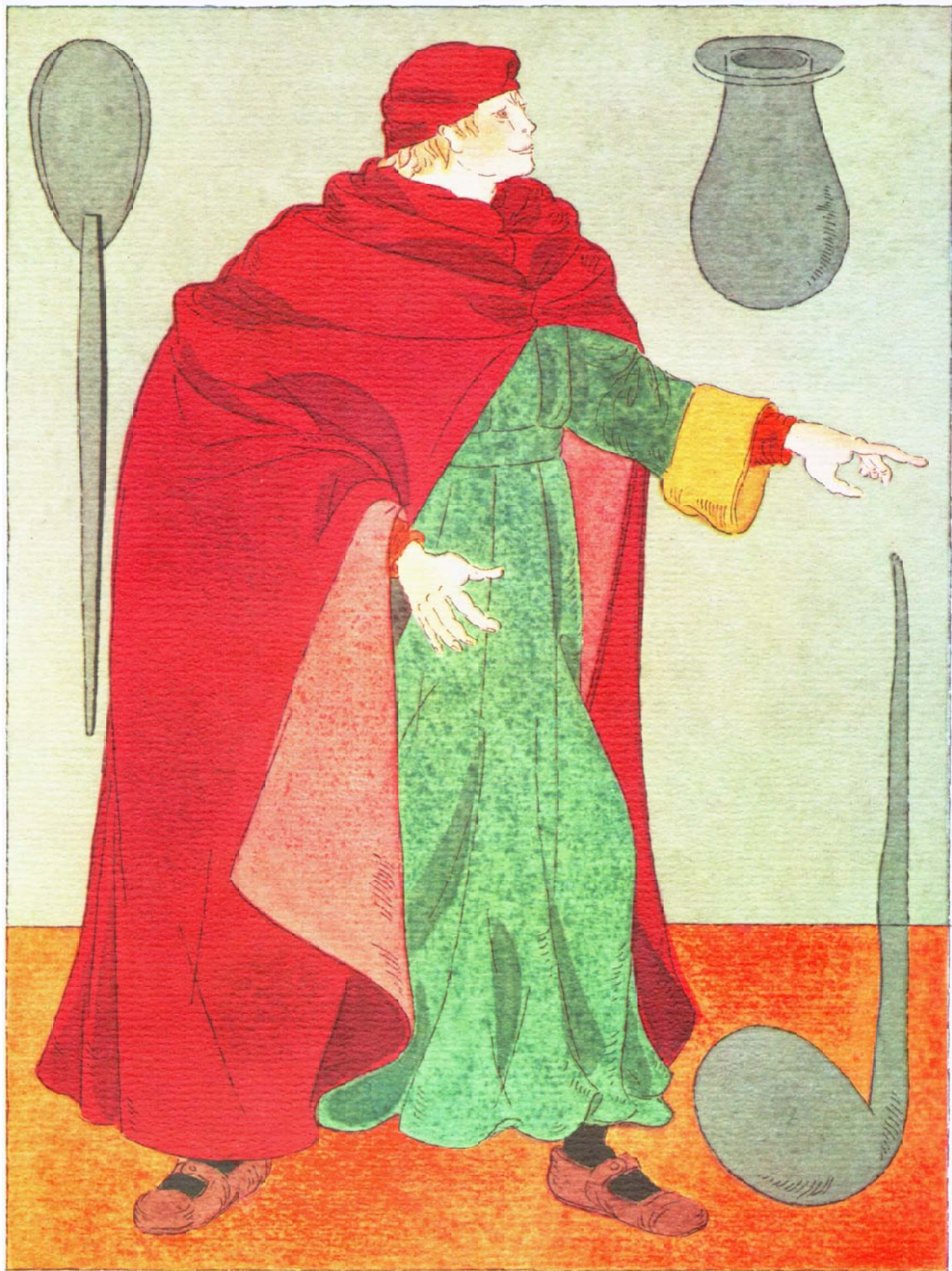
In general, the non-magical means of curing starvation (e.g., giving food to the creature), is as



effective a cure as any magic. GMs may optionally rule that starved creatures are at risk of developing a refeeding syndrome (see the sidebar below).

Refeed Me!

Due to changes within the body during starvation, treatment of a starved creature is actually a lot more complicated than just giving it food. A starved body will initially handle food differently than it did when it was healthy and is at risk of developing electrolyte imbalances that can cause the heart to stop. This “refeeding syndrome” can be deadlier than starvation itself. A creature who has been starved for more than five days is at risk of developing a refeeding syndrome after 2d4 days of eating and drinking. Optionally, a GM may require a creature in this situation to succeed on two DC 10 Fortitude saves, one when the creature begins eating again and one after 2d4 days; if both saves fail, the creature develops a cardiac arrhythmia and dies. A healer overseeing the creature's refeeding may use a Heal skill check in place of the creature's Fortitude save. A creature eating magical foods, such as from a *heroes' feast* or *goodberry*, automatically succeeds at these checks.



Chapter II: Drugs & Toxins

Drugs and toxins are everywhere. Drugs are a mainstay of thieves' guilds as well as a key tool of healers and Clerics alike. As for poisons, almost anything can be poisonous and, as is famously misquoted, "only the dose makes the poison." One way or another, over their lifetimes, everyone is exposed to drugs and toxins. The important question is, are they exposed to enough that it becomes dangerous? "Drugs and toxins" include such deadly poisons as cyanide as well as such ubiquitous pleasures as alcohol ... although whether alcohol counts as a drug or a toxin depends entirely on your point of view — and, maybe, how much you drank last night.

Alcohol

Also known as: Alcoholic beverages have been known by too many names to list

Description: Almost every culture eventually develops its own form of alcoholic beverage. As a corollary to this, almost every culture has some understanding of alcohol addiction and alcohol-related injuries. Most alcohols are produced by fermenting fruit or grain, with or without subsequent distillation to increase their alcohol content. Various mixtures of distilled and non-distilled alcohol are used to make fortified wines. Sugars and starches, extra flavors, and fatty oils are added to create an endless variety of alcoholic beverages. Many cultures are associated with some iconic national drink and many

cities or even individual taverns achieve tremendous fame for a particular type of wine, beer, or other sort of alcoholic drink.

In many regions where clean water is not easily obtained, low-concentration alcoholic beverages, such as beer, may actually be the most common drink. Boiling water as part of the process of making beer eliminates some of the bacteria in water and the alcohol kills some of the rest. In such regions, water-borne illnesses are less common, but alcohol-related violence and birth defects may be a much larger problem.

Mechanics: The concept of the "standard drink" is used to calculate drunkenness. One standard drink is equal to one large glass of beer (about two thirds of a pint), one small glass of wine, or one shot of harder

Table II.1

Drinks	Fort DC	Bonuses (not cumulative)	Penalties (not cumulative)
1	5	+2 bonus to Cha-based skill checks	-1 to Dex and Wis
2	8	+4 bonus to Cha-based skill checks	-2 to Dex and Wis
3	11	+2 bonus to Cha-based skill checks +5 temporary hit points	-3 to Dex and Wis
4	14	+10 temporary hit points	-4 to Dex and Wis, loss of any Cha bonuses from drinks
5	17	+10 temporary hit points	-5 to Dex and Wis, -1 to attacks
6	20	+10 temporary hit points	-6 to Dex and Wis, -2 to attacks, -5 to movement speed
7	23	+10 temporary hit points	-7 to Dex and Wis, -3 to attacks, -10 to movement speed
8	26	+10 temporary hit points	-8 to Dex and Wis, -4 to attacks, -10 to movement speed
9	29	+10 temporary hit points	-9 to Dex and Wis, -5 to attacks, loss of memory, loss of bladder/bowel control
10	32	+10 temporary hit points	-10 to Dex and Wis, -6 to attacks, loss of memory, loss of bladder/bowel control
11	35	+10 temporary hit points	-11 to Dex and Wis, -7 to attacks, loss of memory, loss of bladder/bowel control, 1 point of Con damage per two drinks
More	+3/drink	+10 temporary hit points	-12 to Dex and Wis, -8 to attacks, loss of memory, loss of bladder/bowel control, 1 cumulative point of Con damage per drink

Characters reduced to 0 Dex or Wis collapse and become helpless until those abilities are restored to positive scores. Characters reduced to 0 Con suffer alcohol poisoning and die without immediate magical healing.

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Fetal Alcohol Syndrome

Also known as: (Insert region known for heavy alcohol use here)-face.

Ages: Present at birth.

Description: Females who drink alcohol during early pregnancy risk interfering with the development of their children's brains. Some societies recognize this link long before developing any systems of medicine and healing, in which case FAS likely affects only about one in every hundred children. In areas where alcohol is a more common drink than water or where the link between alcohol and FAS has never been noted, FAS may affect the majority of the population.

Mechanics: A character born with FAS suffers a -4 to Intelligence and Wisdom scores and an additional -4 to Will saves. These characters have characteristic facial features that Clerics and healers may recognize at the Game Master's discretion.

Treatment: A *wish* or *miracle* spell can cure a character of FAS at any age. The Heal skill has no effect on FAS.

alcohol. See Table 11.1 for the effects of alcohol per standard drink.

With each drink, a creature must make a Fortitude saving throw at an increasingly higher DC. If the save succeeds, the creature gains the bonuses listed. If the save fails, the creature loses all bonuses obtained and is subject to the penalties listed. Dwarves and other peoples with natural resistance to poisons apply their racial bonuses to these Fortitude saves. Creatures who are immune to poison do not make Fortitude saves but cannot gain alcohol-related bonuses either.

Creatures who fail two consecutive Fortitude saves at any time during a drinking binge, regardless of whether they vomited the alcohol, awaken the next morning hung-over. For one hour per drink the night before, the creature is sickened and takes an additional -2 penalty to Acrobatics, Diplomacy, and Perception skill checks.

A creature who fails three consecutive saves must make an additional immediate DC 15 Fortitude save. Success on this save causes the creature to vomit as its body eliminates the alcohol from its system. A creature who succeeds on this save cannot drop its Constitution below 3 due to alcohol unless it continues to drink thereafter.

A creature who drinks while eating is considered to have drunk two drinks fewer than the actual amount it has consumed. A creature subtracts one from its current number of drinks for every hour it does not drink any alcohol.

Treatment: *Delay poison* prevents a creature from making Fortitude saves from alcohol for its duration; the creature can suffer neither positive nor negative effects of drinking, although it continues to keep track of how much it drinks while the spell is in effect. It has no effect on bonuses or penalties already taken. *Neutralize poison* instantly removes all effects — both positive and negative — and the creature is considered to have had no drinks that day. A creature who has a hangover is unaffected by *neutralize poison* or *delay poison* but can be healed by a *lesser restoration* spell.

The Heal skill has no effect on Fortitude saves during drinking. A DC 15 Heal check may be made on a creature who has failed three consecutive saves to induce vomiting and prevent deadly Constitution loss.

Belladonna

Also known as: Deadly nightshade, banewort, great morel.

Description: Belladonna is a leafy plant that grows to about five feet tall with purple-green flowers and black berries. Belladonna is among the most poisonous plants known; 10 berries or a single leaf can kill a

Chapter II: Drugs & Toxins

Several plants have antidote effects versus belladonna, but they tend to be rare, growing in specific geographical regions, and not particularly effective unless highly purified.



fully-grown human male if eaten, although it is the plant's root that is the most deadly. Deadly nightshade is rich in chemicals known as anticholinergics, which disrupt the nervous system and can cause dilated pupils, fast heartbeat, headache, flushing, dry mouth, slurred speech, constipation, confusion, and hallucination.

Despite its dangers, belladonna has long been used by herbalists. Its ability to widen pupils has made it sought-after by nobles as a cosmetic and by assassins as a means of improving night vision. It can be prepared as a hallucinogen for religious or recreational purposes but, as other hallucinogens are less dangerous, this use is rare. Belladonna has also been used as a poison and can be used to coat arrows or blades. Finally, in very carefully-calculated doses, deadly nightshade is sometimes used by healers as an anesthetic during surgeries.

Mechanics: A creature who ingests a dangerous dosage of belladonna (i.e., any dosage not carefully calculated to be harmless) must make an immediate DC 20 Fortitude saving throw and then an additional one after an hour. If both saves fail, the creature suffers 1d2 points of Strength and Wisdom damage. This save must be repeated every hour for 24 hours.

Belladonna eye drops for use as a cosmetic agent or to improve night vision are discussed in Appendix III (Equipment and Magic Items).

Treatment: *Neutralize poison* and *delay poison* affect belladonna normally.

The Heal skill may be used in place of another creature's Fortitude save to prevent ability damage for the hour.

Cocaine

Also known as: Like alcohol, cocaine is known by too many colloquial names to list

Description: Cocaine is a powerful nervous system stimulant that comes from the leaves of the coca plant, which grows best at low altitudes in warm, moist, mountainous regions. For centuries, the coca plant has been used by various tribes and societies as an anesthetic, a cheap "potion of strength," and a recreational drug. As explorers and adventurers have penetrated deep into the hidden lands where it can be found, the plant has become more widely known, and it is now a major export of various legitimate governments as well as a significant source of income for thieves' guilds across the land. While the word "cocaine" technically refers to a purified form of the leaf's active chemical, which can be extracted in a variety of ways, most uses of the drug involve chewing the coca leaves, mixing them with alcohol and spirits, or smoking them.

The classic description of cocaine's effects includes feelings of euphoria, increased energy and capacity for work, and heightened endurance. Teas and other drinks made from whole leaves tend to contain only tiny amounts of the drug and produce only mild mental and physical stimulation without the stronger effects of pure cocaine. Chewing a leaf similarly results in reduced delivery of cocaine and divides the dosage over a longer period of time, resulting in increased energy and feelings of contentment. Inhalation of the drug results in the most rapid and powerful effect generally available, although stories persist of rare individuals who somehow deliver cocaine directly into their veins.

Despite cocaine's many purported uses, it also has great potential for misuse. Cocaine overdose causes rapid elevations in heart rate and blood pressure, which can induce heart attacks and strokes. It can also prove to be highly addictive. Many churches and a few governments have fought to block their populations' access to cocaine, but this has met with resistance from healers and has only encouraged the spread of illegal trade.

Mechanics: A creature who drinks coca-infused liquids or chews coca leaves receives a +2 bonus to Will saves and may perform vigorous physical activity for twice as long as normal before becoming fatigued or exhausted. A Wizard who uses such preparations

Insults & Injuries



can memorize spells in 30 minutes instead of one hour. Likewise, alchemists under the effects of cocaine can prepare their daily allotment of extracts, mutagens, and bombs in 30 minutes instead of one hour.

A creature who drinks or chews coca leaves more than twice per week develops a tolerance and ceases to gain any benefit after 1d4 weeks; he or she resumes gaining the benefits after abstaining from coca products for 1d4 weeks.

A creature who ingests unpurified coca more than four times per week is at risk of becoming dependent on the drug. Each week that the drug is used heavily, the creature must make a Fortitude save versus DC 9 plus the number of times the drug was used that week. Failure means that the creature no longer gains any benefits from coca products but must still ingest them each day or else suffer a -4 penalty to all saves for the duration of dependency. A creature who is dependent and goes one full month without coca is no longer dependent and ceases to suffer penalties.

A creature who uses purer cocaine gains a +2 bonus to Strength and Constitution, a +4 bonus to Wisdom-based skill checks, and a +4 bonus to saves versus fear effects. These bonuses last for 30 to 60 minutes (1d2 half-hours). When the drug's effects wear off, the creature "crashes," suffering a -2 penalty to Strength and Wisdom for 1d2 hours. Each time the creature uses cocaine, it must make a Fortitude save versus a DC equal to 5 plus the number of times it has used cocaine in the past week. Failure indicates the creature has suffered an overdose and takes 4 points of Constitution damage for every point by which it failed its save.

A creature who uses purified cocaine more than twice per week is at risk of becoming dependent. Each week, the creature must make a Fortitude save versus

a DC of 15 plus the number of times that week it used the drug. Failure indicates that the creature has become dependent and must use cocaine every 1d2 days or else suffer a -4 penalty to Strength, Constitution, and Wisdom. These penalties last for 1d8 weeks; a creature who completely abstains from cocaine for this period of time ceases to suffer these penalties and is no longer considered to be dependent.

Treatment: *Neutralize poison* ends any ongoing beneficial effects of cocaine instantly. *Lesser restoration* or *restoration* cures all penalties associated with dependence for 1d2 days. *Greater restoration* cures all signs of dependence as well as the dependence itself.

The Heal skill has no effect on checks related to coca or cocaine, but a creature under long-term care by a healer suffers one half the penalties of dependence.

Cyanide

Also known as: Smelter's bane, choke powder.

Description: Cyanide is a naturally-occurring chemical used in mining to help separate gold from stone and other impurities. Cyanide is primarily produced by Dwarven alchemists using various cave fungi and certain plants. It was first noted as a dangerous poison centuries ago in the seminal alchemical text, *Things I Use To Kill Goblins*. For decades, it was used by Dwarven poisoners, who were relatively resistant to its effects, to assassinate non-Dwarven enemies. Over time, its effectiveness was discovered by other races and it has since become



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popular everywhere. The poison exerts its effect by blocking part of the system whereby the body's cells produce energy from oxygen, making it harmful to the brain and heart in particular.

Sub-lethal exposure to cyanide (usually accidental, as opposed to deliberate) results in blurry vision, chest pain, and difficult breathing, and can cause fainting in a recurring pattern; the victim may feel ill for one minute, well for 15 minutes, and then ill again. This pattern can persist for weeks. Exposure to lethal doses rapidly causes cessation of breathing and cardiac arrest, with death occurring in minutes. While most poisons are not easily recognized without training, cyanide is infamous for having an almond-like odor and flavor. Bards and other individuals who have heard stories of cyanide may recognize it by scent or, if particularly unlucky, taste.

Mechanics: A creature exposed to cyanide (usually by ingestion) must make an immediate DC 30 Fortitude save and in a number of minutes equal to its Constitution score. If both saves succeed, the creature resists the poison. If either save fails, after the second save the creature takes 1d4 points of Strength and Constitution damage. If both saves fail, the creature instead takes 1d6 points of Strength and Constitution damage. Each minute for 30 minutes, the creature must make an additional Fortitude save versus a DC equal to 30 minus the number of minutes that have elapsed or take an additional 1d4 points of Strength and Constitution damage. A creature who fails five consecutive saves suffers permanent brain injury due to lack of oxygen and takes 1d6 points of Intelligence and Wisdom drain.

Treatment: *Delay poison* and *neutralize poison* affect cyanide normally. A creature who suffers brain damage requires *restoration*, *regenerate*, or a more powerful effect to restore ability drain. The Heal skill may be used in place of a poisoned creature's Fortitude check.

Hemlock

Also known as: Conium, poison parsley, devil's porridge.

Description: Hemlock is a poisonous plant that grows best in temperate, damp climates. It grows to about six feet tall, sprouts white flowers, and is smooth and green, often with red or purple spots. It often grows as a weed along ditches, streams, and the edges of cultivated fields. Crushed hemlock root, the part of the plant richest in poison, has a characteristic smell reminiscent of turnips and mice, which most people find extremely unpleasant. The plant has long been recognized as poisonous. Long ago, nomadic



tribes coated their weapons with the juice of crushed hemlock roots, which they used to paralyze prey. With the rise of alchemy, hemlock has been found to have a powerful ability to stop breathing in humanoids and various animals. Small doses were found to be useful as a sedative and as a treatment for joint pain. (Hemlock does not treat pain, but it paralyzes muscles, preventing the joints from moving and thereby causing further pain.) Ironically, it was use of hemlock by healers, not poisoners, that has led to the herb becoming a popular means of suicide and execution in some nations.

Mechanics: A creature who ingests hemlock must immediately make a DC 18 Fortitude save and another after 30 minutes, at which time the poison takes effect. If both saves fail, the creature takes 1d4 points of Dexterity damage. The creature must make an additional Fortitude save every hour for 1d3 days or suffer an additional 1d4 points of Dexterity damage; the DC of the Fortitude saves drop by one every three hours. A creature reduced to zero Dexterity by hemlock is paralyzed and cannot breathe, and it will suffocate unless treated.

Building Up Immunity

The process of becoming resistant to a poison by exposing oneself to small doses over time is called "tachyphylaxis."

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The Doctrine of Signatures

Many herbalists and healers believe that because plants were created by intelligent and usually-friendly gods, they tend to have appearances that hint at their medicinal uses or their dangers. For example, some herbalists have written widely that walnuts can be used to treat headaches because they are shaped like heads. In the case of hemlock, its terrible smell led early hunters to conclude it was poisonous. The usefulness of the doctrine of signatures is debatable at best, but it still forms much of the basis of herbalism and alchemy.

Treatment: *Delay poison* and *neutralize poison* affect hemlock normally. *Lesser restoration* and more powerful magic can be used to maintain a creature's Dexterity until the poison wears off. A *remove paralysis* spell restores Dexterity to the creature's normal value but does not prevent further ability damage from accumulating.

The Heal skill may be used in place of a poisoned creature's Fortitude check.

Mushrooms (Psychedelic)

Also known as: Psilocybe, psilocybin, magic mushroom.

Description: Psilocybin is a naturally-occurring psychedelic chemical found in hundreds of species of mushrooms, the most common and most famous of which is variously known as the gold cap, the golden teacher, and the bald mushroom. The gold cap mushroom grows only a few inches high and is a deep yellow-gold in color when fully grown. When the mushroom is cut, the exposed flesh takes on a characteristic blue tinge that is sometimes used to identify it after it has been picked. These mushrooms earned the name "magic mushroom" early in history; herbalists believed that the mushroom's effects on the mind were magical, and this belief remains widespread even though alchemists have shown that the mushrooms remain psychedelic even within an antimagic field. Psilocybin-rich mushrooms have been used by religious groups throughout history to stimulate visions of debatable divinity ("entheogenic visions"), and in more recent years mushrooms have become popular as a recreational drug, particularly among the nobility and young Clerics of some chaotic deities.

Psilocybin begins to have an effect within one hour of ingestion, and effects can last from four to 12 hours.

At lower doses, normal objects often appear to take on strange qualities or movements, colors may seem more vivid or appear to change, and other visual information may be distorted. At higher doses, visions sometimes become more personal or spiritual in nature and may become more distanced from actual reality.

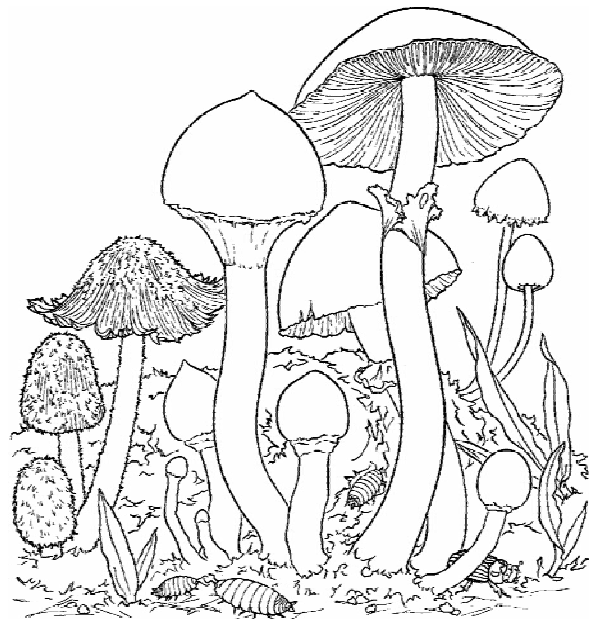
Clerics of various faiths debate hotly whether such chemicals truly allow visions of the gods, and the general consensus among clergy of the more established and conservative faiths is that the visions are neither magical nor holy. The gods themselves remain cryptic on the issue.

Mechanics: A creature who ingests psilocybin must make an immediate DC 12 Fortitude saving throw and again 1d6x10 minutes later. If both saves fail, the creature is fascinated and suffers a -8 penalty to saves versus illusion spells for 2d6 hours. A creature may choose to "snap out of it" as a free action by making a DC 10 Will save, becoming dazzled instead for 1d10 minutes. A creature who would normally become affected by any fear condition (e.g., shaken, frightened) while affected by psilocybin has a 50% chance of becoming panicked instead.

More potent effects of the psychedelic occur at the Game Master's discretion (e.g., visions of the divine or infernal, obviously unreal distortions).

Treatment: *Delay poison* and *neutralize poison* affect psilocybin normally. A *calm emotions* spell ends any fear effects instantly rather than merely suppressing them.

The Heal skill has no effect on intoxication with psychedelic mushrooms.



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Mushrooms (Poisonous)

Also known as: Amanita, death cap.

Description: Of all foods common to humanoids, mushrooms constitute one of the strangest. Many varieties contain poisons of various sorts and, despite the fact that many edible and nutritious mushrooms are almost indistinguishable from deadly ones, such fungi constitute a significant element in the diets of Humans, Elves, Dwarves, Orcs, and countless other peoples in many regions. It would be unfeasible to properly catalogue and describe all known poisonous mushrooms, but of the thousands of types known and the hundreds deemed poisonous, only a handful have been found to be deadly. Many of these belong to the “amanita” category, a group that includes several species, the most well-known of which is the death cap.

Death cap is a greenish-white mushroom that appears in the late summer and early autumn, often in oak or pine forests in temperate regions. Death cap’s similarity to other safe mushrooms has resulted in its reputation for causing the highest number of deaths of all types of mushroom. Many folk beliefs exist to help differentiate the death cap from edible mushrooms, but none are perfect. The most widely accepted belief is that a poisonous mushroom is foul-tasting, but this belief has two problems. First, it requires that part of the mushroom be tasted, which often leads to poisonings. Second, in fact, many amanita mushrooms have been described as delicious (although usually a *speak with dead* spell is needed to obtain this information).

The poison of the death cap damages the liver and kidneys over time, and by the time symptoms are obvious significant organ damage has already been done. Eating death cap mushrooms usually causes abdominal pain, nausea, and vomiting in the first two to three days, followed by jaundice, confusion, bleeding, accumulation of the body’s metabolic toxins, and eventually cardiac arrest. Accidental poisoning is deadly in about 60% of cases and death usually occurs between one and two weeks after ingestion.

Mechanics: A creature who consumes death cap mushrooms must make a DC 20 Fortitude saving throw immediately and again 2d6 hours later. If both saves fail, the creature is sickened for 1d3 days. After this time elapses, the creature feels well until a number of days equal to its Constitution score –12. The creature then rolls an additional Fortitude save versus DC 15. If this save fails, the creature’s liver has been damaged. The creature begins to suffer severe hemorrhaging: gums bleed spontaneously, wounds deal an additional 1 point of damage due to blood



loss, and a wound that deals damage exceeding the creature’s Constitution score deals 1 point of bleed damage. The creature becomes sickened again and takes 1d4 points of Constitution damage per day.

Treatment: *Delay poison* and *neutralize poison* affect death cap toxin normally but must be used before the third and final Fortitude save, after which organ damage has occurred. At this point, *restoration* spells can heal existing ability damage, but a *remove disease* or *regenerate* spell is required to heal the liver, end the bleeding, and prevent ongoing Constitution damage.

The Heal skill may be used in place of a poisoned creature’s Fortitude saves for the first two saves only. Because poisoning is rarely suspected in the first 12 hours, many healers believe that the Heal skill actually has no effect on death cap poisoning.

Opium (Recreational)

Also known as: Poppy tears, juice of forgetfulness, gods’ medicine.

Description: Opium is a drug produced by drying the sap-like fluid (“latex”) that comes from the opium poppy. When the fruit of the poppy is cut, a thick white fluid leaks out, which dries to a brown residue, opium, that can be collected. Opium has been used by herbalists and alchemists since before the invention of writing, and it is the most potent non-magical pain relief known to the civilized races. Opium is often ingested, either as a resin or after being compressed into a pill-like shape. Healers wishing to use opium

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as an anesthetic commonly mix it into wine, obtaining the benefits of both opium and alcohol.

Recreational use of opium is rare. In areas where the plant is grown, illicit use is uncommon and, in areas where the plant is rare and use as a drug is more common, the exorbitant cost of opium tends to restrict its availability. The practice of smoking opium is relatively new and dates back only a few hundred years. The actual opium is not burned. Instead, the resin is heated, releasing drug-rich vapors that can be inhaled.

Whether ingested, drunk, or smoked, opium dulls pain and reaction to pain and induces feelings of euphoria. Side effects of opium include depressing the lungs, potentially stopping breathing.

Mechanics: A creature who ingests opium in recreational doses experiences reduced pain for 1d4x30 minutes. During this time, the creature receives a +4 bonus to saving throws versus fear effects and a +6 bonus to Concentration checks due to pain (e.g. spellcasting despite taking damage), and all nonlethal damage taken is halved. Spells that exert their effects through pain (such as a *symbol of pain*) or sadness (such as *crushing despair*) impose only half of their usual penalties.

Calculating an optimal recreational dose of opium requires a DC 15 Heal skill check. If this check fails, the dosage is too low and the drug's user is affected for one-half the drug's normal duration. If the check is a critical failure, the dose is too high and the creature falls unconscious for 2d4x30 minutes. In this case, the user must make a DC 15 Fortitude save at the time the drug is ingested and again after one hour and, if both saves fail, the creature ceases to breathe and suffocates.

Treatment: *Delay poison* and *neutralize poison* affect opium normally, immediately ending all effects,

awakening an unconscious creature, and restoring breathing to normal in the case of an overdose.

The Heal skill may be used in place of a poisoned creature's Fortitude save in the case of overdose only; success prevents suffocation but does not awaken the creature until the drug's duration elapses.

Pipeweed

Also known as: Endless varieties of pipeweeds exist, all known by multiple names.

Description: "Pipeweed" is a generic term referring to any of several varieties of plants whose leaves are commonly harvested for smoking. Hundreds of different plants are smoked in different regions, and plants may be carefully selected, cultivated, or even magically engineered for their unique properties upon smoking. Two types of pipeweed are the most widely known and used: tobacco, a highly addictive leaf capable of aiding both stimulation and relaxation, and cannabis, a common recreational drug with psychedelic properties. Pipeweed is thought to be the major cause of lung disease in most races (except for Dwarves, in whom exposure to mining dust may be more harmful).

Tobacco is grown from many similar plants. Small variations between these plants may account for the different tastes, textures, and side effects of different blends of pipeweed. Most tobacco plants grow about two to five feet high and have flowers that run the range of white, pink, or red in color. They grow best in tropical or subtropical regions but can be grown almost anywhere. Tobacco has been used for millennia. Its earliest use was likely to prompt spiritual visions, as at very high doses it has effects similar to psychedelic mushrooms. Over the centuries it became more commonly used in fairly low doses as a stimulant. When tobacco is puffed quickly, it has a calming effect, but when puffed slowly, it acts as a stimulant. Effects are short-lived, and tobacco is thought to be among the most addictive drugs known to any race.

Cannabis refers to several flowering plants of the hemp family. Long cultivated as a source of fine rope, a distinct subspecies of the plant exists which is particularly high in chemicals that produce a "high" feeling in the body. The primary effect of cannabis is to induce relaxation and mild euphoria. Some scholars believe that the drug has a secondary effect that predisposes the user to introspection and deep contemplation as well as anxiety and paranoia. Cannabis's effects typically last some three hours, although minor effects can persist for a few days, and years of use can cause an apparently permanent state



of relaxation and decreased motivation. Cannabis is widely thought to be non-addictive, although some scholars suggest otherwise.

Mechanics: Each time a creature smokes tobacco, it may choose to receive one of the following effects: 1) +2 bonus to concentration checks and Perception skill checks and a +2 bonus to initiative; or 2) +2 bonus to Bluff and Perception skill checks and a +2 bonus to Will saves. These benefits last for one hour. A creature who smokes tobacco more than three times per month must make a DC 15 Fortitude save and a DC 15 Will save or become dependent. A creature who is dependent must continue to smoke at the same frequency as the month in which it failed its save or suffer a -2 penalty to concentration checks and Will saves for six months.

Each time a creature smokes cannabis, it takes a -4 penalty to Wisdom-based skill checks and a -2 penalty to initiative checks. The creature gains a +6 bonus to Will saves versus fear effects but, if a check fails, the creature becomes one category more fearful than it would normally be (e.g. a shaken creature becomes frightened, frightened becomes panicked). The creature receives a +2 bonus to all Bluff and Diplomacy skill checks, except against creatures who recognize and disapprove of signs of drug use, against whom the creature suffers a -4 penalty (at the Game Master's discretion, this may include city guards, clergy, family members, etc.). These effects last for 1d3 hours.

Treatment: *Delay poison* temporarily ends all bonuses and penalties associated with tobacco and cannabis. *Neutralize poison* ends all effects. Nothing short of a *greater restoration* will permanently cure

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tobacco dependence, although *restoration* cures penalties of dependence for one week.

The Heal skill has no impact on the effects of either form of pipeweed.

Snake Venom

Also known as: Snakebite.

Description: Fear of snakes (ophidiophobia) is among the most common — and, arguably, most sensible — fears in the world. Although only a few snake species possess venoms that are dangerous to people, such is their potential deadliness and the fear that they inspire that the snake is seen as a symbol of fear and death in countless cultures, and when not associated with death the snake is often adopted as the precise opposite: a symbol of medicine or rebirth. Either way, the snake captures mortals' imaginations in a way that few other animals do.

Snake venom is a major cause of death in most warm areas of the world. Poisoning with snake venom ("envenomation") accounts for considerable morbidity and mortality. Almost all snake venoms share some common features: they cause the veins to dilate excessively, so that blood pressure drops; many cause direct damage to the heart muscles; most cause some degree of nausea, vomiting, or headache; and almost all damage the kidneys through a variety of mechanisms, which can lead to death weeks, months, or even years later under some circumstances. Aside from these common features, venoms can be broadly split into three different groups, each of which causes a slightly different syndrome and which may require different treatment. These groups are the coagulopathic, neurotoxic, and necrotic venoms, although all snake venoms combine some degree of each.

Coagulopathic venoms cause the blood to either start coagulating and clotting inside a creature's veins or else prevent the blood from clotting, causing excessive bleeding. If the blood begins to clot excessively, this often consumes the blood's clotting factors, also leading to clotting failure and bleeding. Envenomed creatures may start bleeding from their gums or nose, and frequently there is severe bleeding from the bite site. Death often occurs due to stroke, either from clots going to the brain or from intracranial bleeding. The majority of snake venoms are coagulopathic to some degree, although this may be the least dangerous effect of a venom in some cases.

Neurotoxic venoms attack the nervous system. These venoms rapidly attack the nerves and brain, but have relatively little effect on the blood or the tissues around the bite wound, and are therefore

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relatively painless. The first symptom after envenomation is often blurry or double vision, followed by difficulty speaking and weakness or paralysis. Death occurs if the respiratory muscles become paralyzed. Coral snakes, black mambas, and death adders often have neurotoxic venom.

Necrotic venoms directly act to break down tissues that they come into contact with. Blood cells burst, impairing the body's ability to transport oxygen, and local muscle begins to break down ("rhabdomyolysis"). This syndrome is often excruciatingly painful and bleeding can be severe. Large molecules of muscle are carried by the blood to the kidneys, where they damage the kidney's filtration system and cause renal failure. Death often occurs due to multi-organ failure. Most — but by no means all — species of cobras and viper tend to have necrotic venoms (e.g., rattlesnakes, copperheads, water moccasins).

On top of everything else, a snakebite can also cause an infection. Different snakes in disparate parts of the world have varying rates of causing infections, perhaps due to some difference in their biologies or maybe because of living in diverse environments (e.g., lifeless deserts versus bacteria-ridden swamps). Snakebite also carries a risk of tetanus, should the envenomed creature survive long enough to begin showing symptoms.

Non-magical healing of snake venom is possible but challenging. Local healers' ability to treat snakebite without magic may vary considerably

depending on where they live. In some areas of the world, snakebite has very little variation, and a creature showing the typical signs can be easily diagnosed. In other parts of the world, especially those with a wide variety of snake species, it may be extremely challenging to know what type actually bit a victim and therefore difficult to choose an antivenom. In some regions, even different snakes within the same species might look radically different, making identification a challenge. Treatment is further complicated by local beliefs about treatments that do not work, or which work for some types of venom but not for others. One popular belief, for example, is that a snake's venom can be sucked out of a wound. When this has been tested, using magical means to assess how much venom was actually sucked out, it has been found that less than 2% of the venom, an essentially meaningless amount, is removed. Other common treatments include applying a tight tourniquet to a bitten limb to prevent venom from spreading to the rest of the body. While this is a useful treatment for neurotoxic and paralytic venoms, it will actually worsen the effects of necrotic venoms and subsequent risk of kidney damage. Much like a tourniquet, keeping the bitten limb lower than the heart is believed to help with neurotoxic venoms, as this seems to reduce how quickly the venom is pumped to other parts of the body, but may also worsen the effects of necrotic venom.

One widely-accepted treatment for snakebite is to remove any rings that a creature is wearing on the bitten limb because of the rapid swelling that tends to follow. Much to the consternation of healers, however, adventurers tend to be very resistant to this instruction.

Some healers have experimented with using snake venom as a painkiller, as some species of snake have been noted to have neurotoxic venoms that actually reduce pain sensation in the area of a bite. Such research is limited due largely to the difficulties of administering snake venom to creatures in safe and effective doses, as well as the reluctance of many creatures to receive it.

Mechanics: Game mechanics for snakebite poisonings are listed in their individual entries in other books. GMs who wish to give their snakes a touch of personality might consider giving different effects to different species (e.g., Constitution damage from cobras, Dexterity damage from vipers).

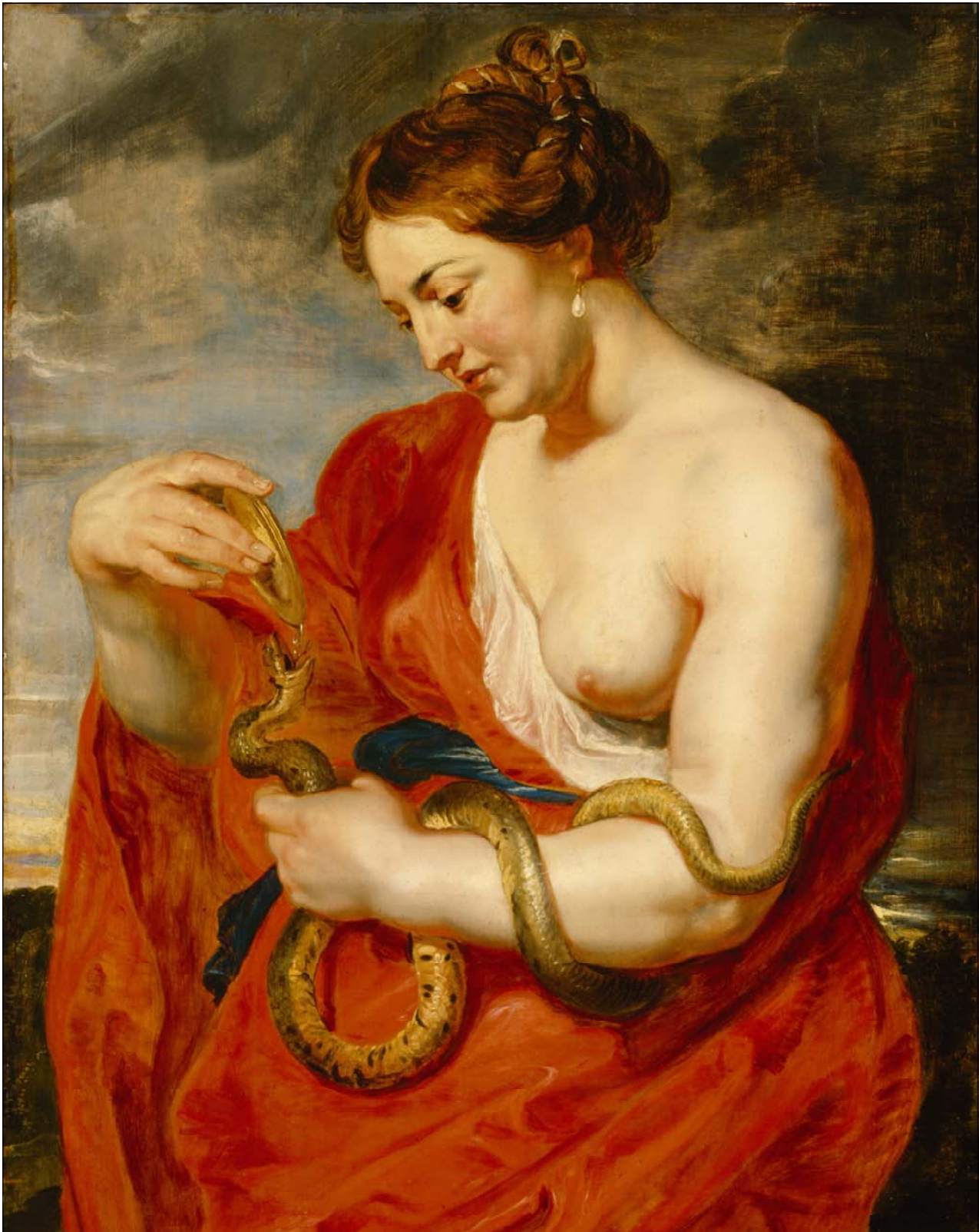
Treatment: *Delay poison* and *neutralize poison* affect snake venom normally.

The Heal skill may be used in place of a poisoned creature's Fortitude checks.

Hair Of The Snake That Bit You

Modern treatment of snakebite centers around antivenom/antivenin. When these were introduced in the United States, death from snakebite fell from close to 40% down to less than 1%, although other advances in care were being made at the same time, so it is hard to know how much of that drop was from antivenoms. These are medicines that would be very unlikely to be found in an ancient or medieval fantasy setting. They were first developed in the 1950s by exposing fragmented animal immunoglobulin to active snake venom, and as fantasy healers probably have no idea what immunoglobulins are, let alone how to isolate them, antivenom probably does not exist. The availability of healing magic generally makes them redundant in any case.

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Chapter 12: Medicines

In a world of magical healing, most adventurers do not think of taking medicine when they become sick. For the poor farmer or the humble shop owner, however, magical healing is so unobtainable that it may as well be mythical. Since the dawn of history, the intelligent races have experimented — knowingly and unknowingly — with the plants and minerals around them and, over centuries and millennia, most societies develop a wealth of knowledge as to which substances and poultices seem to have beneficial properties. Even in lands where illness is thought to be due to demonic possession, there are always alchemists, wise-women, and plain old simple folk who know what tea to drink when you have a cough and what bark to chew when your knee hurts.

How Medicines Work

All medications work because they modify some process inside the body, and anything that does so has the potential to be dangerous. Often the dangerous dose of a substance is so high that it is almost impossible to ingest that much, but even water will stop your heart if you drink enough of it. Many people in more “advanced” societies believe that natural products are inherently safer than alchemical concoctions, but such folk often forget that hemlock is 100% natural. Anything that induces sleep, controls your blood pressure, or dulls your pain can kill you if used in the wrong amounts. Too little of a medicine will have no effect, whereas too much may do more harm than good. Some medicines can be safely given at almost any dose, while others are dangerous even if the dose is minutely miscalculated.

Out the Window

The “therapeutic window” of a drug describes over how wide a range of doses the drug is safe. A drug with a “narrow” therapeutic window is safe only within a tight range and is more easily given at the wrong dose. A drug with a “wide” window is safe at a broad range of doses and, while response to the drug may be sub-optimal, a creature is much less likely to be poisoned.

Any time a creature wishes to administer a medicine in an appropriate amount, it must make a Heal skill check with a difficulty determined by the substance’s therapeutic window. This Heal check is made by the creature calculating the dose and at the time that the dose is prepared, rather than by the ingesting creature at the time of use. A creature may take 10 or take 20 on this check if it has sufficient

time and is not prevented from focusing. A creature with Craft (alchemy) may instead use that skill, in which case the DC is increased by +5. A creature administering a “natural” medicine may use Profession (herbalist) in place of Heal or Craft (alchemy), in which case the DC is increased by +10.

If the Heal check succeeds, the dose has been calculated correctly. The medication has its intended effect.

If the Heal check fails by 10 or less, the dose has been underestimated. The creature ingesting the medicine experiences all of the side effects but does not receive the full benefits. See each medicine’s description for details.

If the Heal check fails by 11 or more, the dose has been overestimated. The creature ingesting the medicine overdoses. See each medication’s description for details.

A creature making this Heal check with malevolent intentions and who chooses to fail, thereby deliberately miscalculating the dose, may decide whether it has overestimated or underestimated. It is, in any event, always easier to calculate the wrong amount of a drug than the right amount.

Cinchona Bark

Also known as: Quinine, jungle wine, fever tree.

Description: The cinchona tree is a large shrub that produces pinkish white flowers. It is native to warm, equatorial regions but can grow in a variety of conditions if transplanted. Since before the dawn of recorded history, cinchona bark has been recognized as a mild painkiller and used to stop shivering. Cinchona bark has come to prominence among alchemists following the discovery that it is an effective treatment for one of the world’s deadliest and widespread diseases, malaria. Originally given to malaria victims to stop their terrible shivering and

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tremor, healers were delightfully surprised to find that the bark also seemed to keep ill creatures from dying. Since that time, cinchona trees, which were previously considered unremarkable, have become extremely valuable, and entire merchant houses have built their power bases on closely-guarded supplies of these trees. The smuggling of cuttings and samples from cinchona trees can be a lucrative business but, in some regions, can actually be far more dangerous than drug smuggling.

Cinchona can be used in a variety of forms. Most commonly, the bark is stripped from the tree, dried, and ground, and the medicine can be used in this form quite effectively. Some alchemists have identified techniques for extracting the purer medicinal ingredient, known as quinine, in the form of a bitter white powder. In either case, the powder is often mixed with wine or sweetened water to make it more palatable, leading to a mixture sometimes called “jungle wine,” after the regions where it is most sought after.

Mechanics: Cinchona bark can be used to prevent or treat malaria. A creature that ingests cinchona powder gains a +6 alchemical bonus to Fortitude

saving throws to avoid contracting malaria made within 12 hours of ingestion or a +4 alchemical bonus to saves made within 24 hours of ingestion to fight off the disease once contracted. A creature using cinchona powder regularly must make a DC 10 Fortitude save once per week; failure means the creature experiences the side effects of a therapeutic dose (see below) and is sickened for 1d6 days.

A creature that takes a minute dose of cinchona in cold weather (below 10° degrees Celsius or 50° Fahrenheit) gains a +1 circumstance bonus to ranged attacks one half-hour later, due to suppressing its shivering. This bonus lasts for 1d3 hours. A creature that ingests cinchona twice in a single day must make a DC 10 Fortitude save or become sickened by side effects for 1d4 days, and must make another save with a cumulative +5 to the DC for each additional dose.

Side Effects: Even in proper therapeutic doses, quinine has a number of side effects. Many creatures simply cannot tolerate the bitter taste and will vomit upon ingestion; at the GM's discretion, creatures may be required to attempt a DC 10 Fortitude or Will saving throw the first 1d10 times they ingest quinine, becoming nauseated for 1d4 rounds on failed saves. This may be ignored if the powder is dissolved in a sweetened liquid to mask its bitter flavor. A creature that receives a properly-calculated therapeutic dose of cinchona powder can experience flushing, sweating, ringing ears, dizziness, nausea, vomiting, and diarrhea.

Dose DC: 20.

Underdose: A creature that takes an overly small dose of cinchona receives neither benefits nor detriments from the medicine.

Overdose: Overdose of cinchona powder causes sedation, can cause permanent damage to the kidneys, and risks stopping the heart. Within 1d4 hours of overdose, the creature becomes sickened with normal side effects. The creature must succeed on a DC 20 Fortitude save at the time of poisoning and again 1d4 days later; if both saves are failed, the creature suffers 1d6 points of Constitution damage. The creature becomes nauseated and remains so until all Constitution damage is healed.

Treatment: *Delay poison* and *neutralize poison* instantly end both the beneficial and damaging effects of cinchona bark. Rest or appropriate magic treats Constitution damage normally.

The Heal skill may be used in place of a poisoned creature's Fortitude saving throw. This consists mostly of preventing anyone from giving the creature more cinchona, as well as keeping it hydrated and treating other symptoms as they arise.



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Crown Flower

Also known as: *Calotropis gigantea*, aak, madar, widuri.

Description: The crown flower is a tall shrub capable of growing taller than a man, often topped with a five-pointed flower. Native to warm climates, the pale lavender flowers are popular decorations and often grace temples and palaces as well as common homes. As with many plants, the crown flower is described in ancient medical texts as having a use in treating dozens of health problems, including snakebites, fevers, colds, and paralysis. Modern alchemists who have studied the crown flower consider most of these indications to be entirely spurious, but there is some thought that the flower does have genuine use in healing wounds.

Extracts of the flower, stem, or milk of the crown flower have each been used to accelerate wound healing. While the effect of crown flower poultices are far from miraculous, in the hands of a knowledgeable healer they may make the difference between a creature bleeding to death or living to fight another day. Crown flower extracts seem to speed the rate of healing and reduce the formation of scars and, in particular, they may speed healing in cases where regular healing, for whatever reason, does not progress well. This benefit was first noted in creatures suffering from diabetes. Creatures who survive for years with diabetes often develop poor healing in their extremities, and wounds in the feet often become particularly troublesome, but some healers argue that crown flower may improve this.

Despite its potential usefulness, crown flower is poorly understood and healers may be reluctant to use it due to fear of its side effects. Extracts of crown flower can lower a creature's blood glucose levels, which may be a beneficial effect in creatures with poorly-controlled diabetes but potentially deadly in others. Furthermore, the plant itself is highly toxic; the milky latex of the crown flower can damage the heart, liver, and kidneys, and can cause painful inflammation and blindness if applied to the eyes.

Mechanics: A creature whose wounds are treated with a properly-prepared extract from crown flower recovers an extra 1d4 hit points per eight hours of rest. A new dose of crown flower must be applied every 1d4 days to continue to gain this benefit. When crown flower is used in this way, the wounds form smaller and less noticeable scars, which usually has no in-game effect except at the GM's discretion.

If crown flower extract is applied to a wound that resists natural and magical healing, such as the cursed wounds of a Clay Golem or the infernal wounds of



some devils, the wound can be healed normally.

Side Effects: A creature whose wounds are treated with a dose of crown flower extract must make a DC 10 Fortitude save or become fatigued due to low blood sugar (hypoglycemia). This fatigued state can be healed with rest normally, or the creature may attempt another Fortitude save every five minutes if it consumes a small amount of sugar (e.g., small candies, a glass of sweet fruit juice, a spoonful of honey).

Dose DC: 15.

Underdose: An underdose of crown flower has no effects.

Overdose: A creature that receives an overdose of crown flower gains the benefits of treatment but suffers more severe side effects. The DC to resist hypoglycemia rises to 20; each time the save is failed, it must be repeated again 10 minutes later. A fatigued creature that fails a save becomes exhausted; an exhausted creature that fails a save becomes confused in addition to being exhausted; a confused creature that fails a save falls unconscious; and an unconscious creature that fails a save takes 1d4 points of Constitution damage.

Treatment: *Delay poison* and *neutralize poison* end the effects of hypoglycemia, and the treated creature no longer needs to make Fortitude saves. These spells do not end the beneficial effects of crown flower.

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Opium (Medical)

Also known as: Poppy tears, juice of forgetfulness, gods' medicine.

Description: See Chapter 11: Drugs and Toxins.

Mechanics: A creature may calculate a moderate dose of opium to act as a painkiller (analgesic) or at a high dose to cause unconsciousness (anesthetic). Opium takes effect after 1d10 minutes.

At analgesic doses, the creature that ingests opium experiences reduced pain for 1d4x30 minutes. During this time, the creature receives a +4 bonus to saving throws versus fear effects and a +6 bonus to concentration checks due to pain and injury, and all nonlethal damage taken is halved. Spells that exert their effects through pain (e.g. *symbol of pain*) or sadness (e.g. *crushing despair*) impose only half of their usual penalties.

A creature that ingests an anesthetic dose falls asleep and is helpless for 1d6x30 minutes. The creature cannot be awakened by painful stimuli.

Side Effects: Constipation. This has no in-game effects but can certainly ruin a creature's day.

Dose DC: 25.

Underdose: The creature is affected for one-half the drug's normal duration.

Overdose: The creature falls unconscious for 2d4x30 minutes. It must make a DC 15 Fortitude saving throw at the time the drug is ingested and again after one hour. If both saves fail, the creature ceases breathing and suffocates.

Treatment: *Delay poison* and *neutralize poison* affect opium normally, immediately ending all effects, awakening an anesthetized creature, and restoring breathing to normal in the case of an overdose.

The Heal skill may be used in place of a poisoned

creature's Fortitude check in the case of overdose only; success prevents suffocation but does not awaken the creature until the drug's duration elapses.

St. John's Wort

Also known as: Hypericum perforatum, rosin rose, devil's scourge.

Description: St John's wort is an herb native to many temperate regions which flowers into brightly-coloured blossoms in the summertime. A hardy plant, St John's wort can grow in a variety of conditions, and is in fact considered an invasive weed in many regions where it proliferates. If the herb replaces the plants normally consumed by animals in a region, animals who eat it can rapidly develop signs of poisoning that include weakness, agitation, falling, anorexia, and skin rashes.

Healers are interested in St John's wort for a number of reasons, some grounded in folklore and some in their art. According to folklore, hanging the plant inside one's home near holy objects is said to ward off evil, as well as to reduce "temptation" and lustful thoughts in societies where such things fall into the same category as spirits. Old historical texts mention the plant as being used as a cure for all manner of ills, including snake bite, stomach upset, and wound infections. Careful study of the herb's effects has suggested that it is not a particularly effective treatment for most medical ills, but there does appear to be evidence that it treats depression.

When the flowers and seeds of St John's wort are ground or crushed, a red fluid is released. This fluid can then be swallowed, infused into teas, or otherwise administered with apparent improvement in many, although by no means all, depressed individuals. Alchemists' attempts to refine the plant into a more effective purified medicine have thus far met with very limited success.

Unlike many plants that are reputed to banish evil, modern healers suspect that there could actually be some truth to the folklore around St. John's wort. While it is difficult to prove that a plant drives away evil in general, like many medicines which combat depression, St John's wort probably reduces libido and sexual potency, arguably reducing the "sin of lust." Perhaps unsurprisingly, many individuals are not pleased to find themselves less sinful.

St John's wort has a number of effects in the liver of most sentient species, and can make other drugs and medicines taken by a creature either more effective (potentially leading to overdose) or less effective. Because few creatures in the care of healers regularly take more than one medicine at a time this



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is rarely a danger, but it can be a risk for creatures who consume the herb without a healer's advice.

Mechanics: A creature suffering from depression (Chapter 7: Mental Disorders) who takes an adequate dose of St John's wort every day makes a DC 20 Fortitude saving throw at the end of one week. The healer who calculates the dose of St John's wort may make a Heal check in place of the creature's Fortitude save in any week in which they interact for at least 10 minutes. If this save succeeds, the creature's depression-induced penalty to die rolls is reduced by one. For each week that the creature continues to take the medicine, it may make an additional Fortitude save at a progressively lower penalty (e.g., DC 19 at the end of week two, DC 18 at the end of week three, etc.). Each time this save succeeds, the depression-induced penalty is reduced by an additional one.

Side Effects: Side effects of St John's wort typically include fatigue, dizziness, and confusion. This has no in-game effect at normal doses.

Dose DC: 15.

Underdose: A creature who is given an inadequate dose of St John's wort has a 40% chance of experiencing the benefits of having had a full dose by virtue of the placebo effect. The creature must still take the inadequate dose daily for at least one week before making any Fortitude saves.

Overdose: Few creatures are known to have consumed a sufficiently large dose to cause permanent damage, but results typically resemble the symptoms of poisonings in animals. A creature who receives a single overdose of St John's wort is sickened for 1d4 days. A creature who ingests an overdose every day for one week takes 1d2 points of Constitution drain per week until it stops ingesting the herb.

Treatment: *Delay poison* and *neutralize poison* end the sickening effect of St John's wort instantly and prevent further Constitution drain unless the creature continues to ingest an excess dose for another full week. These spells do not end the positive effects of the medicine.

Willow Bark

Also known as: Osier bark, sallow bark, bitter mercy, salicin.

Description: The word "willow" is used to describe any one of hundreds of species of tree primarily growing in moist, cool climates. Willow trees have a bark that is rich in salicin, a bitter-tasting chemical which relieves pain and inflammation. Because the pain-relieving qualities of the bark and sap are powerful and easily obtained, its use as a medicine has been independently discovered by numerous civilizations, and willow bark powders and teas are among the most widely-used treatments in the world. The bark is commonly used to treat headache and stomach problems, to bring down fevers, and to improve joint stiffness. Because of the medicine's breadth of use and relative fame, it is also commonly taken for problems for which it has no practical benefit, leading to uncountable users suffering from wholly avoidable upset stomachs, heartburn, and sometimes liver damage.

Some alchemists have developed techniques to produce highly-purified forms of salicin, giving various names to the resulting acid. Purified forms are more powerful pain-relievers but also have greater side effects, including thinning the blood and increasing bleeding. Some healers have additionally noted that, for reasons unknown, children who are given the purified drug can rapidly develop a rash and vomiting followed by liver damage that can become reversible only by a *restoration* spell or more powerful magic.

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Mechanics: Salicin can be prepared as a powder, ground from willow bark or leaves, or made into a drink by steeping the plant in hot water. Some 1d3x10 minutes after ingestion, a creature that takes a therapeutic dose of salicin heals 1d4 points of hit point damage or 1d10 points of nonlethal damage. For 1d4 hours after ingestion, the creature gains a +2 alchemical bonus to concentration checks made due to taking hit point damage.

Side Effects: Heartburn, nausea. This has no in-game effects.

Dose DC: 15.

Underdose: An underdose of salicin has no effects.

Overdose: It is difficult to take an overdose of salicin by mistake, as the poisonous dose of the medicine is some 20 to 30 times the regular dose. In the body, salicin is converted to an acid, which can accumulate and cause significant harm.

A creature that overdoses must make a DC 20 Fortitude save after 10 minutes and again after an additional 1d4x10 minutes. If either save fails, the creature becomes sickened and feverish. If both saves are failed, acid accumulates in the blood and begins to suppress breathing. The creature suffers 1d2 points of Constitution damage per hour, becoming dazed after taking 6 points of damage to this ability score. The creature soon becomes confused and delirious. When

Constitution reaches zero, the creature goes into pulmonary arrest and dies. The creature continues making Constitution checks for one hour for every point by which the initial Heal check to calculate dosage failed.

Treatment: *Delay poison* and *neutralize poison* end the beneficial effects of willow bark instantly and prevent the need for any further Fortitude saving throws. Rest or appropriate magic treats Constitution damage normally, even if the creature remains poisoned. A creature that is immune to acid is harmed by a willow bark overdose normally, but spells such as *resist energy* or more powerful magic prevent a creature from having to make Fortitude saves for duration of the effects (assuming the caster knows to cast the spell against acid).

As willow bark has been used in many parts of the world for centuries if not millennia, healers are relatively well acquainted with means of treating creatures poisoned by it. Such treatments typically involve forcing a poisoned creature to ingest charcoal or other substances to bind the drug in the intestines and prevent it from being absorbed, or giving bases to neutralize the acid in the blood. The Heal skill may be used in place of a poisoned creature's Fortitude checks.

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Chapter 13: Race-Specific Illnesses

Races differ from each other. Humans, Elves, Gnomes, and Dwarves can live alongside each other happily, of course, and no single race is inherently better or worse than another, but there are obvious and important biological differences. A Human's natural lifespan, for example, is centuries shorter than that of an Elf. An Elf does not resist poisons the way a Dwarf does. And a Dwarf does not regenerate like a Troll. Every race has some diseases to which it is particularly resistant or particularly vulnerable. On top of that, every race has its own cultural quirks that can change its members' perceptions of and reactions to illness far more than their biology does.

Drow

Like many subterranean races, the so-called "Dark Elves" receive little sun exposure in their natural habitats and, indeed, find natural light discomforting and often intolerable. Although they are well-adapted to their underground ecologies, Drow remain at greater risk than most humanoids of developing deficiency of vitamin D and the accompanying disease, rickets. As many Drow cities routinely kill children with malformations, few bow-legged Dark Elves are ever seen by surface dwellers.

Drow have learned to compensate for the lack of sunlight in their environment by developing diets much richer in vitamin D than their surface cousins. Drow make extensive use of fish and fish oils in their cuisine, as well as various vitamin-rich mushrooms and other fungi. Some Drow cities have also experimented with magical sources of UV radiation as a means of preventing rickets; in addition to improving their nutritional status, they have noted the pleasant side effect of such magic causing increased rates of cancer in non-Drow.

Dwarves

Tough and hardy, Dwarves are renowned for their resistance to illness and disease. A naturally stoic people, Dwarves who become ill sometimes resent having to find a healer, but pragmatism usually outweighs pride before illness becomes particularly severe.

To most Dwarves, illness is not to be feared because of the danger it poses to oneself, but rather because it means a potential burden on family and clan. A period of sickness means reduced progress in the mine or decreased output at the forge or, even worse, a weak link in the phalanx. Dwarves tend to be most afraid of those diseases that reduce strength or which strip away memory. Dwarves also go to great lengths to avoid illnesses that can cause hair loss — particularly

patchy or incomplete hair loss — for fear of losing their proud beards.

Dwarves are particularly resistant to traumatic injury. Being stocky and solidly built, with bones proverbially carved out of the mountains and flesh laced with gold and steel, Dwarves simply do not break as easily as most other humanoid races. This durability is more than just a source of pride; Dwarven fortitude is a part of their grand culture and is reflected endlessly in their stories, myths, and drinking songs. To a Dwarf, physical health and power is accepted as a given, although rarely taken for granted. To an aging Dwarven adventurer experiencing his first bout of sickness in late Adulthood, the sudden reminder of mortality and vulnerability can be a significant personal crisis.

One disease of which Dwarves are particularly embarrassed, seen among all humanoid races but almost never spoken about among Dwarves, is brittle bone disease, known among scholars as "osteogenesis imperfecta." This curious disorder of bone strength is present at birth and is incurable by any magic short of a *wish* or *miracle*. A Dwarf born with the disease has unusually brittle, breakable bones. The disease may be minor and merely make the Dwarf unfit for military service, or might be so severe that an afflicted child suffers fractures from a solid Dwarven bear-hug. Among the tough Dwarves, being born with such a disease is a terrible stigma, and there are few greater nightmares for young parents. Dwarves sometimes know the disease as "Elf bones," and their myths tell that it entered the race's otherwise mighty bloodlines from a single unlikely and nearly blasphemous mating between Dwarf and Elf. Some scholars believe that fear of this disease is one reason why Dwarven and Elven folk so rarely form relationships.



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Elves

Long-lived Elves have a far different understanding of disease from most other races. On the one hand, a 500-year-old Elf may fear illness far more than a 20 year-old Human because the former character has so many more years to lose. On the other hand, most Elves learn something of nature, the gods' plans, and their own places within them, and even a relatively young Elf often faces death grateful to have lived as long as he has. Elves typically see the diseases of old age as an inevitability and meet them with acceptance rather than despair. Their perception of senility and dementia as a state of increasing rather than decreasing wisdom, as most races see it, is typical of

their outlook. That being said, few creatures will fight harder against the inevitable than an Elf less than a century old facing early death, and most Elven healers devote much more attention to mastering pediatrics than geriatrics.

A curious phenomenon among Elves is that, despite their delicate nature and relative tendency to become weak and sick compared to Dwarves (and even Humans), most Elves live an astoundingly long time without contracting any major illness. Some Elven children do die of infection, but diseases that tend to afflict other races only in their very late Adulthood — cancers, ulcers, heart attacks, and so forth — strike Elves at a proportionally late age. In part, this may be



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explained by healthy habits: living in clean forests instead of filthy cities, eating diets higher in fruits and vegetables, and disdaining melee combat in favor of killing one's enemies from several hundred feet away. In part, however, some other biological factors must be at play. Scholars have never been able to determine the differences between Elves and Humans that account for their different aging speeds and disease vulnerabilities, but many seek it.

Elves who die of illness often die not of infection but of surgical diseases, such as appendicitis or strangulated hernias. All races tend to have poor success rates with surgery, but Elves, with their relatively weaker immune systems and slighter builds, do particularly poorly during such procedures. Although Elven healers are some of the finest surgeons thanks to their combination of Dexterity and Intelligence, organ disease remains one of the greatest health risks among Elves. Some Elven healers have experimented with using regeneration and anti-disease magic continuously for weeks following surgery, and this seems to significantly improve their outcomes, but the cost is prohibitive and these magics remain unavailable among many populations.

Giants

Hardier even than their Dwarven rivals, Giants are often believed by scholars to be all but immune to disease simply because of their superior resistance to it. In actual fact, Giants are no more resistant to illness than any other race and are, indeed less resistant than many, but their great constitutions tend to protect them from the most harmful effects. More importantly, most types of Giant understand that showing weakness to an enemy is to invite attack from it; Giant clans often conceal their sick and ill from outsiders, and less social or intelligent Giants tend to hide their illness even from others of their race rather than seek help. Other races rarely see sick Giants because sick Giants die alone if they are lucky and surrounded by other Giants if they are not.

Those Giants who manage to live to old age often fall victim to brain diseases, particularly stroke. The heart of a Giant, like the hearts of most medium-sized humanoid races, is approximately equal to the size of its clenched fist. Although this heart is far stronger and more muscular than a Human heart, it is actually less effective at ensuring blood flow to the brain; some scholars believe this explains why many Giant races have a lower average intelligence than Humans. As the Giant ages, its heart becomes weaker and less able to manage the tremendous stress of keeping blood supplied to a gigantic body; the Giant's brain begins



to suffer episodes of oxygen-deprivation at an earlier age, relative to its full lifespan, than most humanoids, and elderly Giants typically die of related causes (including accidents, inability to hunt, or ambitious clan-mates).

Various parts of Giant anatomy are harvested and sold by unscrupulous alchemists for “medical” purposes and their imagined ability to enlarge humanoid body parts if ingested. Actually ingesting such flesh, which has often been tanned or cured to preserve it, may cause copious nausea but no unusual growth.

Goblins

The Goblin language has no words for “illness.” Whereas the Elven language has a word that means “curable infectious disease spread by coughing,” the Goblin language’s closest analogue translates loosely as “lingering, painful, embarrassing death.” Although Goblin Clerics exist, the concept of healers is relatively foreign to most Goblin caves, and only its phenomenal birth rates allow the species to keep up with its appalling death rates. In truth, few Goblins die of disease, as those who begin to suffer disease will typically die of violence long before illness finishes them off.

The deadliest infection known to Goblin-kind is

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known by a name that roughly translates as “cough, cough, hack, spit, die,” and research by humanoid scholars suggests this is actually the same disease Humans know as “the flu.” Influenza, which kills countless Humans despite relatively clean living environments and ready access to healing magic, cuts a devastating swath through numerous Goblin warrens each year. Crowded conditions, dank and moist caves, lack of healers and, of course, the typical Goblin response to weakness in one’s neighbor make influenza an unrivalled killer amongst these folk. Goblins naturally blame the spread of the flu and similar illnesses on the filthy, infectious humanoid adventurers who periodically tramp through their homes and leave behind surface-world sickness and pestilence. To a significant degree, the Goblins are absolutely correct.

Ironically, despite their vulnerability to viruses such as the flu, deadly bacterial illnesses like pneumonia, meningitis, and the plague are relatively unknown among Goblins. No scholar has yet adequately explained why this might be, although some have suggested that the Goblin diet, which is rich in many strange mushrooms and fungi, may play a role. No Human or Elven alchemist has yet isolated a chemical that accounts for this, and if Dwarven researchers have turned up clues they have remained characteristically tight-lipped.

Gnomes

Mental illness is a significant problem among Gnomes. Rates of schizophrenia and other psychotic disorders are thought to be approximately twice as high among Gnomes as among Humans and Elves, a phenomenon that no one has ever been able to adequately explain. Some scholars suggest that the Gnomish affinity for illusion magic may predispose them to having greater

difficulty separating reality from hallucination. Other scholars, primarily Wizards, point out that Gnomes are also by-and-large more easily able to pierce illusions to see the truth beneath, so if anything they should be more resistant to psychosis. Gnomes themselves have little to say on the subject, and it is perhaps telling that Gnomish society has some of the least stigma and best services for individuals suffering from mental illness.

Halflings

Halflings typically face illness with the same characteristic lack of fear that they bring to other challenges. Whereas Elves accept illness as an essential part of life, Halflings consider death unfortunate and tragic but culturally are taught not to fear it. An ill Halfling might fight bravely against sickness, but it does so out of a love of life as opposed to a fear of it ending.

Illnesses and infections tend to strike Halflings at about the same rate as Humans. Halfling culture’s emphasis on warm homes, good food, and quiet, simple living saves them from many terrible illnesses simply by keeping them away from situations in which these illnesses are most likely to be found. The flip side of this is that Halflings are the race most afflicted by those illnesses that come from quiet living, most notably diseases associated with pipeweed and alcohol. Halflings also have the highest obesity rates of any civilized race and are the only people for which the general population suffers a meaningful risk of heart attack and gout. Older Halflings are more likely to die of cancer — particularly lung, stomach, colon, breast, and prostate cancers — than of infection, and Halfling healers are among those most adept at recognizing and treating these malignancies.



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Orcs

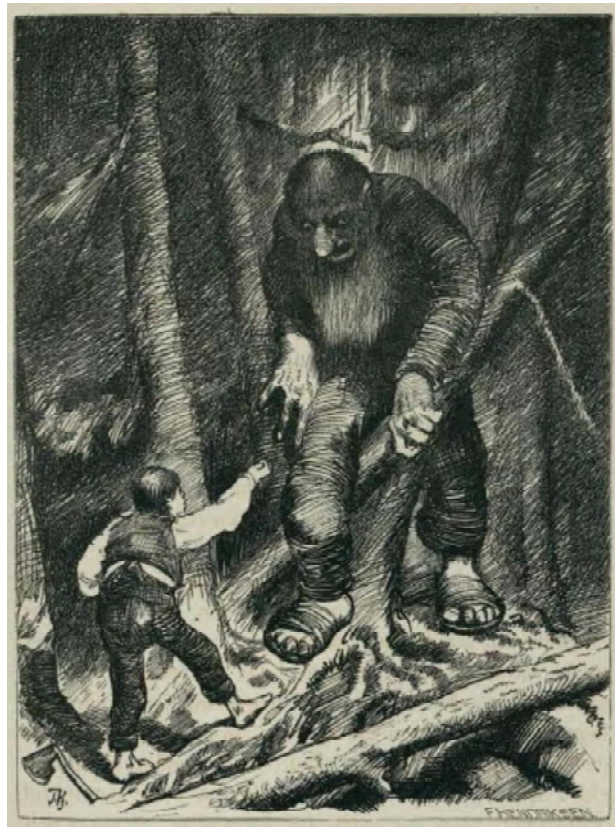
Disease is a major cause of death for orcs, both directly and indirectly. Orc tribes often live in conditions little better than Goblins and, despite their great size and strength, Orcs seem to lack the superior durability seen in Dwarves. An Orc tribe's reaction to disease in one of its warriors depends on the tribe; some tribes kill any warrior who shows weakness, while others support an ill member until the sick Orc is strong enough to hunt and fight again.

Individual Orcs are often untrained in healing and do not understand disease; an Orc may see sickness as a curse, a challenge, or simply something natural that afflicts all creatures. Orcs often have great fear of disease, as it is an enemy that cannot be fought with sword and fang. A raging Orc barbarian who would willingly charge an army of Elves might balk at having to go near a coughing Halfling.

A curious psychological condition has been posited to exist among Orcs. In Humans, mental disorder is defined as a behavior or pattern which is not normal to a creature's development and culture and which interferes in the creature's ability to function in its society. As such, scholars have increasingly suggested the existence of "attention-excess/underactivity disorder." Orcs suffering from this disorder seem to have unusually long attention spans, an unusual ability to keep still for long periods of time, and a shockingly un-Orc-like capacity to stop and ponder a problem for long periods of time before taking action. These behaviours, which make an Orc well-suited to blending in among Human communities, can significantly interfere in its ability to live a normal and happy life among other Orcs and be a source of terrible distress to both the sufferer and its community. Some Orc societies have actually learned to treat AEUD with "medication," plying the sufferer with alcohol or stimulants to help make them more impulsive and short-tempered. Untreated, an Orc suffering from AEUD may be killed by rivals, forced to leave Orcish lands, or find that its cunning and resourcefulness puts it in a position to seize control of a clan.

Trolls

Naturally tough, Trolls are rightly considered to be one of the hardest species alive and, as a rule, are highly resistant to diseases and illnesses. Trolls can and do die of infections, but relatively rarely compared to most humanoids. A Troll's regeneration means that it resists trauma at least as well as it fights off sickness. Although not the smartest creatures alive, most trolls understand the idea of "falling ill" and, furthermore,



that it happens mostly to creatures that are not Trolls. Their famed fearlessness in combat carries over to questions of health, and a Troll has little to no fear of plague or pneumonia.

Despite this resistance to illness, the single greatest cause of death for Trolls, regardless of age and profession, is cancer. The number of Trolls who die of cancer-related causes each year is thought to be at least five times the number of Trolls who die by violence and fire — although scholars who make such assertions are quick to point out that their ability to observe Trolls in their natural habitats is limited at best. A Troll's own phenomenal powers of healing predispose it to these illnesses. Cancers are, in essence, overproduction of a type of tissue to the point where its growth interferes with the growth and function of another, and the tissues of a Troll's body are constantly regenerating at an incredible rate. Each time a Troll heals a wound, there is a tiny chance that a cancer may begin at that site, and over a lifetime of tiny wounds most Trolls will eventually succumb to such an illness. Trolls are at greatest risk of cancers of the muscle and bone ("sarcoma"), but frequently suffer from cancers of the brain, liver, spleen, intestines, and other organs prone to damage in combat.

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Chapter 14: Surgery

When disease strikes, there can be little doubt that magic is the best cure. A relatively low-level Cleric can cast *remove disease* and bar death itself from entering a home and taking a loved one. On the other hand, magic is not always easy to find. Many villages are entirely devoid of magical healers. In some kingdoms, the practice of magic, arcane or divine, is illegal, and sometimes the local Cleric is just not the sort who spontaneously casts *cure* spells. On top of all that, most commoners cannot necessarily afford the services of a Cleric. A *remove disease* spell costs an average of 150 gp in most towns, which is spare change to an adventurer but can be a lot of money for a barmaid or coach driver who earns a gold piece per day, let alone a subsistence farmer. Regardless, people in such areas still get sick, which drives them to their local non-magical healers.

Some illnesses are treated with powders and poultices, but some can only be treated by cutting out a body part that is not working properly anymore. Surgery in a medieval fantasy world is a big deal. It is not well understood and it is not safe. The vast majority of healers have no conception of how to limit post-surgical infection and some of them may believe that to help keep evil spirits out of a wound they need to keep their hands as dirty as possible. Anesthesia is likely limited to a large skin full of wine, if anything. Tools may be substandard, and a surgeon without access to high-grade steel may have to make do with rusty iron or chunks of obsidian. A healer's knowledge of anatomy may be lacking or race-specific (e.g., a healer who is an expert in the anatomy of Humans may have no idea where Halflings keep their spleens).

All that being said, there are still creatures in the world — surgeons — who have set out to master surgery, and some of these surgeons have advanced to the point where they can do it relatively safely and reliably. And when a boy is hours away from dying of appendicitis and the local temple does not do charity cases, it's time to go see the surgeon.

Performing Surgery

Surgery is a complex task that is facilitated by several skills and abilities. Intelligence, Wisdom, and Dexterity can all play a role in surgery, either directly or as modifiers to skills such as Heal, Knowledge (medicine), and Sleight of Hand. In essence, surgery can be broken down into a series of skill checks:

- 1) Put the patient to sleep (or hold it down).
- 2) Perform the surgery.
 - a) Open the patient up.
 - b) Find what's wrong.
 - c) Fix it or take it out.
- 3) Close the patient up again.

Knowledge (Medicine) (Int; Trained Only)

Knowledge (medicine) covers a broad range of topics related to anatomy and healing, particularly medicinal applications of herbalism, alchemy, psychology, and poisons. Unlike Healing, which concerns itself with the practice of the healer's art, Knowledge (medicine) represents the tried and true learning that serves as the foundation of medical science.

Table: Knowledge (Medicine) DCs

Task	DC
Identify a common disease	10
Identify the medicinal properties of plants	10
Quote a respected physician or reputable text on the subject of medicine	10
Identify the medicinal properties of alchemical reagents	12
Know the safe (and unsafe) doses of local medicinal plants and alchemical reagents	15
Diagnose a rare disease	20

Consultation: You may use Knowledge (medicine) when making an aid another action to assist another character's Heal skill check. When using Knowledge (medicine) in this way, if your aid another check is successful, the beneficiary of your aid gains a +4 bonus to its Heal skill check instead of the usual +2.

At the GM's option, the benefits of a successful consultation can be applied to other appropriate Craft, Knowledge, and Profession skill checks.

Insults & Injuries

It's Not Complicated Enough!

The rules presented here are meant to be relatively simplified — one surgery, one skill check. If you want to require a separate check for each stage of the procedure, split it up however you like. For example, a Dexterity check to open the patient, then a Heal check or Intelligence check to find the problem, and then another Dexterity check to remove the diseased organ.

A well-trained healer has a good chance of keeping the vast majority of his or her patients alive. After the surgery, however, some of it still depends on the patient's durability, its ability to heal from the procedure, and its ability to fight off infection.

Mechanics

Put the patient to sleep: First, the healer must give the patient wine or another anesthetic. Most commonly, the patient is given large quantities of strong spirits on an empty stomach, causing it to pass out. This requires no checks on the part of the surgeon, although it can take a long time for patients with high Constitution scores. A surgeon

who has access to opium or other “poisons” may prefer to use those (see Chapter 12: Drugs & Toxins).

Perform the surgery: Performing surgery requires a Heal skill check versus a set DC depending on the type of procedure being performed. A surgeon requires, at minimum, a cutting tool of dagger size or smaller and two hands, although a fully-equipped surgical lab contains dozens of specialized tools. Table 14.1 lists the DCs of some relatively common surgeries and the time required by a creature taking 20, including opening, treating, and suturing, but not administering anesthesia. Table 14.2 lists common modifiers to the surgeon's Heal check. If the Heal check fails, the disease continues unchanged, and at the end of the procedure the patient must make a Fortitude save versus a DC equal to the amount by which the check failed. If the patient fails this Fortitude save it takes 1d100 points of damage.

Close the patient up again: Although often the least challenging stage of surgery, this is nonetheless frequently the most time-consuming. The bodies of most races contain many layers of muscle and connective tissue that must be sealed separately and, as a general rule, closing up a patient represents one-half to two-thirds of the time listed on Table 14.1.

The surgeon requires some means by which to close the tissues, such as sutures — often made from finely-woven animal gut or silk — or, if necessary,

Table 14.1: DCs of Common Surgical Procedures and Time Required

Disease	DC	Time
Sprain*	25	20 minutes
Appendicitis (unruptured)	30	20 minutes
Appendicitis (ruptured)	40	40 minutes
Gallstones	35	30 minutes
Hernia (unstrangulated)	30	20 minutes
Hernia (strangulated)	40	60 minutes

**A sprain generally does not actually require surgery, and surgery will not actually improve recovery. That does not mean, however, that a surgeon will not operate anyway.*

Table 14.2: Common Heal Check Modifiers

Modifier	Bonus/Penalty
First time performing this surgery	-4 penalty
Each assistant (maximum three)	+2 per assistant
Masterwork surgical tools or complete lab	+2 bonus
Improvised surgical tools	-2 penalty
Noisy or distracting surgical area	-2 penalty
Intelligence	Apply ability modifier (+ or -) to check
Dexterity	Apply ability modifier (+ or -) to check
Knowledge (medicine) 5 ranks	+2 bonus
Sleight of Hand 5 ranks	+2 bonus

Chapter 14: Surgery

common string. Suturing a patient requires a DC 20 Sleight of Hand or Heal skill check. Failure means that the patient's wound re-opens after 3d20 hours, dealing 1d10 points of damage and rendering the creature shaken. A creature with a reopened wound takes 2 points of damage per hour until it is sutured (requiring another DC 20 check).

A creature with regeneration or fast healing does not require sutures and its wounds close perfectly without aid. Any *cure* spell that heals at least 10 points of damage also closes a wound perfectly, and multiple *cure* spells can be used to heal a total of 10 points and close a wound.

Recovering from Surgery

Once a patient's wound is sutured, survival and recovery are up to it. The recovering creature faces two challenges: resisting post-surgical infection and returning to normal functionality.

Fighting infection: At the time that the surgery ends, the recovering creature must make an immediate DC 16 Fortitude saving throw and one again after 1d4+1 days. If both saves fail, the creature contracts an infection and suffers 1d4 points of Constitution damage. Each day, the creature must make a DC 15 Fortitude save or suffer an additional 1d3 points of Constitution damage. A creature who makes five consecutive successful saves fights off the infection.

Remove disease cast on a creature any time post-operatively prevents and/or cures the infection. The surgeon's Heal check may be used instead of the creature's Fortitude saves, as per the Heal skill.

If a surgeon washes its hands and surgical tools with soap and water, cleans itself magically (as with *prestidigitation* or other magic), or otherwise takes steps to ensure a sterile surgical environment, the recovering creature gains a +10 bonus to its Fortitude save. If the surgeon or its tools are for some reason particularly dirty or contaminated (e.g. surgery is performed in a sewer, incision is made with a dagger used to stab a zombie five minutes earlier) the recovering creature suffers a -10 penalty.

Returning to normal: A creature who undergoes a surgery that opens a body cavity such as the abdomen or the chest (i.e. all surgeries listed in Table 14.1 except for repair of a sprain) suffers 1d10 points of Dexterity damage and 1d10 points of Strength damage due to pain and exhaustion. This damage cannot reduce a creature's ability score below 3.

The creature may heal this ability damage normally and most creatures will remain under a surgeon's care for 24 hours a day for several days while they regain strength. A creature who undergoes relatively minor surgery (e.g. repair of a sprain or other surgeries at the GM's discretion) is essentially fit within 24 hours.



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Chapter 15: Pregnancy

Adventurers are often young, fertile, attractive, and gregarious. Pregnancy is therefore a realistic potential outcome when characters develop romantic attachments (or even fall too deeply into their cups one evening). Pregnancy is not a disease, but it is a condition that carries a certain amount of physical risk. This section will help players and DMs who wish to give realistic outcomes to their characters' amorous adventures. Methods of preventing and ending pregnancies are also detailed here, because of the ubiquity of the desire for fertility control in virtually every known society. Furthermore, the relative equality of men and women in most fantasy realms — at least inasmuch as women can generally own property, perform paid work, gain heroic class levels, adventure, and be treated as legal persons — implies a certain ability on the part of women to control their own reproduction.

Expanded Skill

Profession (Midwife) (Wis; Trained Only)

Meaning “with wife,” this specialized healer can be of any gender. Experts in pregnancy, birth and breastfeeding, midwives combine knowledge of herbalism, healing, and even surgery to ensure the best possible outcomes for mothers and infants. They have developed two unique interventions — forceps use and moonroot paste — and guard their secrets well, not for financial gain but because both interventions can be very harmful in untrained or unscrupulous hands. Aspiring midwives must generally be at least 12 years of age and before earning their first rank in the skill must apprentice for at least a year with a busy senior midwife (longer in a smaller or less fertile community). Generally, a midwife can only increase her competence by one skill point per year of exclusive, active practice.

Action: Profession (Midwife) can be used in place of Heal for skill checks related to pregnancy and childbirth.

Try Again: Midwives tend to practice in pairs, so that a failed skill check can usually be tried again by a partner.

Conception & Contraception

Characters are considered fertile beginning at adolescence, which is usually the base age for adventuring (e.g., 15 years old for Humans, 40 for Dwarves). Female characters remain fertile until the onset of Middle Age, whereas male characters remain fertile until they reach Venerable age.

The short-lived races like Humans, Orcs, and Halflings are known for their relatively high fertility, while long-lived races like Elves, Dwarves, and Gnomes have lower fertility but a longer life span in

which to have children. If a couple pairs up in adolescence and chooses to dedicate their youth to having a large family, 10 or even 15 offspring is very feasible. Every pregnancy carries a risk to the mother, however — which is not insignificant in a low-tech fantasy realm — and raising a large family is also a great deal of work. Most couples wind up choosing a somewhat smaller family size, albeit with significant individual and cultural variations.

The character can roll percentile dice to see if they conceive, or for greater roleplaying excitement the GM can roll secretly and only tell the character later on, once they start developing symptoms.

Human, Orc, and Halfling pregnancy rates (based on actual human rates):

- Conception by act (or by 24 hours if multiple acts): 8%.

- By month (with sex at least twice a week) 20%.

- By year (with sex 2x/week) 80%.

Roll percentile dice by month or by year for characters who are in a longer-term relationship.

Elves, Dwarves, and Gnomes are half as fertile as the short-lived races (per individual). This means that two Elves, Gnomes, or Dwarves together will only have 25% of Human conception rates (e.g., 2% after one act, 5% after a month, 20% after a year). See below for rules on hybrid pregnancies.

- Duration of Human, Orc, and Halfling pregnancy: 9 months.

- Duration of Elf, Dwarf, and Gnome pregnancy: 18 months.

Pregnancy can be prevented by using mare's powder, either before or after sexual intercourse, and men can also contribute to contraception by practicing withdrawal (*see box next page*). The effects of withdrawal and mare's powder if used imperfectly or if used as emergency contraception can stack, but

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Mare's Powder

Extracted from the dried urine of pregnant mares, this hormone-laden powder requires a DC 15 Heal, Craft (Alchemy), or Profession (Midwife) check to make; each successful check makes 30 pinches of powder for size Medium characters or 60 pinches for size Small characters. Usual purchase price is 1 to 3 copper pieces per 30 doses, although some temples give it away for free in the interests of public health.

Contraception: Mare's powder prevents pregnancy perfectly, by preventing ovulation, when a pinch is taken daily by a woman. If a dose is missed, fertility returns at 1/4 the woman's base rate (increasing by a further 1/4 with each dose missed), until she has taken seven doses in a row, which restores her protection completely. A picky or sadistic GM might make a character roll a DC 5 Intelligence check every day to remember to take the powder.

Emergency Contraception: Mare's powder can also be taken within 48 hours of intercourse to try to prevent ovulation and reduce the risk of conception to one-quarter the usual chances (e.g., from 8% to 2%). In practice, this means that if the pregnancy percentile roll was 1 or 2, the character still becomes pregnant — but on a 3-8, the pregnancy that would have otherwise occurred does not. After 48 hours, it can no longer prevent pregnancy, nor will it have any effect on a pre-existing pregnancy.

When using the powder for this purpose, the woman must take three pinches, then another three pinches 12 hours later. Both times she must make a DC 10 Fortitude save or vomit up the dose, rendering it ineffective. Using ginger tea at the same time gives a +5 circumstance bonus to this save.

Withdrawal

The male partner must make a DC 10 Will save to "pull out" successfully and, if he does, reduce the conception rate for the act to one-quarter the usual chances (e.g., from 8% to 2%). Intoxication imposes a -2 penalty to this save.

round up all fractions, no matter how small. Only a perfect use of mare's powder will yield a zero risk of pregnancy.

Miscarriage

Early miscarriage is not uncommon in pregnancies, and the cause is usually abnormal development of the embryo. In order to simplify this complex process for game purposes, we will ignore the risk of miscarriage in the second and third trimesters, and we will ignore the risk of complications from a miscarriage.

Mechanics: The GM rolls secretly for risk of first-trimester miscarriage and, if it happens, then works the incident into the roleplaying storyline for the character. Miscarriage is characterized by strong pelvic cramping and vaginal bleeding, often moderate to heavy and with the passage of clots. The embryo in the first trimester is generally too small to be recognized when it is expelled. At the GM's discretion, a miscarriage will render a character unable to adventure for 24 hours. Consider the character staggered for this period of time.

Humans and Orcs have a Miscarriage rate of 1 in 6.

Gnomes and Dwarves are known to be harder than the other races have a 1 in 12 miscarriage rate.

Elves and Halflings have 1 in 3 miscarriage rate; Elves are known to be frail, which can explain their higher rate, but no one knows why this is the case for Halflings.

Hybrid Pregnancies

The fact that the various fantasy player races can interbreed without massive divine or technological intervention indicates that they are all the same species and different races is indeed the proper term. However, there are social norms in most societies — especially among the long-lived races — that look down upon mixed pairings.

Conception rates depend on the fertility rates of the individuals. For example:

- Human + Elf = 50% of Human conception rates, so 4% per act, 10% per month, etc.
- Human + Orc = 100% of Human conception rates.
- Dwarf + Elf = 25% of Human conception rates (and some very angry future grandparents).

In a hybrid pregnancy, the mother's race determines the duration of the pregnancy. The body of a female Gnome, for instance, simply cannot grow a baby in fewer than 18 months, even if the baby is part Halfling. In a hybrid pregnancy, use the higher racial miscarriage rate of the two partners (e.g., Human + Elf = 1 in 3 miscarriage rate no matter which partner is the Elf.)

Pregnancy & Size Categories

In general, there are not many cross-size hybrids. If a size Small female is impregnated by a size Medium

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male, she either miscarries or ends the pregnancy (and practically all midwives, healers, and temples will do this for free as it is a serious risk to the mother's life). Halfling females wind up with a 2 out of 3 miscarriage rate, which is a blessing in this case, and Gnome females have six whole months to find some moonroot paste (*see page 118*). If a Small female insists upon carrying to term a mixed-size baby, a caesarean section will usually be pre-arranged for her safety. Medium sized females often miscarry cross-size hybrids, and social norms also push them to end the pregnancy if they do not miscarry.

When there is a size category differential on top of a racial one, the following rules also apply:

a) If the female is a smaller size category, there is first a doubled miscarriage risk (i.e., double the higher of the two racial risks), 5% chance hyperemesis gravidarum (overly large placenta for the size of the woman), 25% chance pre-eclampsia (also because of the larger placenta). Then, once at term, there is a 50% chance of obstructed labor and a 50% chance post-partum hemorrhage (uterus stretched much larger than it should be).

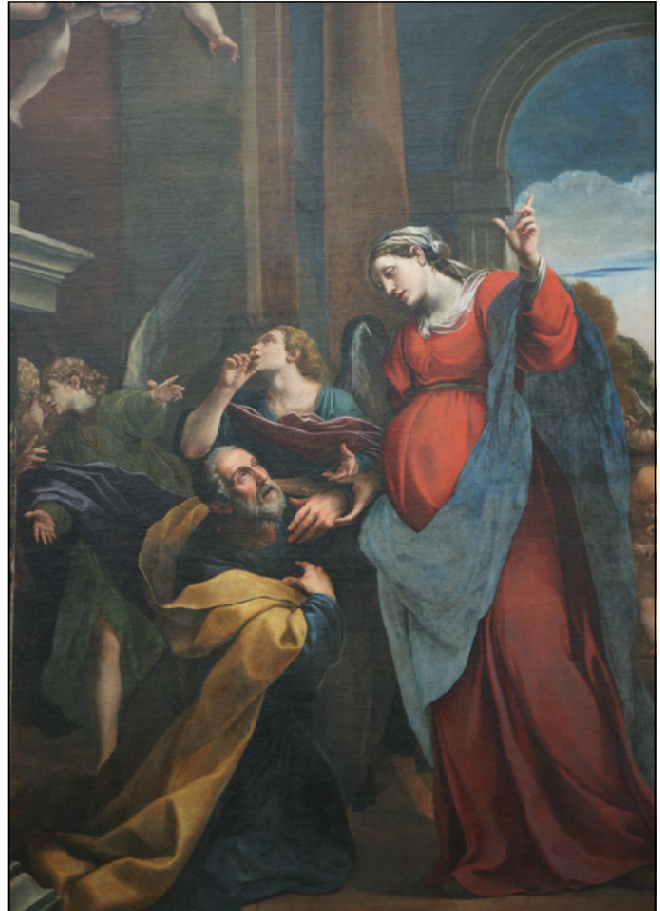
b) If the female is the larger size category there are no particular problems with pregnancy or delivery, obstructed labor is impossible, and the chance of post-partum hemorrhage is reduced to 5%. However, the miscarriage rate doubles, because the female's body does not consider the embryo to be developing normally (use the miscarriage rate of the mother's race to determine the miscarriage rate of a hybrid pregnancy).

There is no chance of pregnancy for couples who are more than one size category apart. For that matter, there is no chance of successful intercourse — any attempt would consist of either drastic violence or ineffectual prodding, depending on the relative sizes of the genders involved.

First Trimester

The first third of pregnancy is a time characterized by intense fatigue and sometimes disabling nausea (i.e., three months for the short-lived races and six months for the long-lived ones). Although the character will not appear pregnant to an outsider, the symptoms of pregnancy are quite strong during this time. A GM choosing to “spring” the news of a pregnancy on a character can simply begin the side effects and wait for the character to figure things out. Risk of miscarriage is also at its highest at this time. A wise midwife will know to reassure the woman that things do get better in the second trimester.

Pregnancy Fatigue: The pregnant character gains the fatigued condition after eight hours of being awake



and active, and/or after 10 + Constitution cumulative rounds of combat. This applies even if she is just casting spells, as the alertness and adrenaline required to manage her actions during combat simply siphon away her limited energy. The character then needs eight hours of sleep or some magical means to remove the condition (e.g., *lesser restoration*). She will prefer, and feel that she needs, 12 hours of sleep every night. Night watch duty is not advisable for a pregnant character in the first trimester, as she has a significant chance of falling asleep on duty (DC 30 Fortitude save to avoid), and will not be able to recover from her fatigued condition if she must be alert during the night.

Morning Sickness: This condition is thought to be mediated by the placenta. In real life, it starts at about six weeks into pregnancy, tends to peak at around 11 weeks, and starts tapering off afterwards, but for game purposes it will affect the woman in the same way for every day of her first trimester. The character must make a Fortitude save every morning upon waking and refer to the table below. At the GM's discretion, this nausea can also be triggered by pungent odors (e.g., the blood and sweat of a battlefield, a fetid dungeon, an Orc latrine), requiring another save.

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Morning Sickness Table

Save Result	Effect
1-5	Nauseated for 12 hours
6-10	Nauseated for six hours, then sickened for six hours
11-15	Nauseated for one hour, then sickened for five hours
16-20	Sickened for 1 hour
20+	No effect

Nausea and vomiting of pregnancy can be treated by any spell or effect that removes the nauseated and/or sickened conditions, and can be relieved somewhat by ginger tea (*see below*). The nausea of pregnancy is not a disease and therefore cannot be eliminated by

remove disease.

Hyperemesis Gravidarum: 1% will develop this disease at the start of the first trimester. Hyperemesis gravidarum means “excessive vomiting of pregnancy” and it causes exactly that; the character is constantly nauseated during the first half of the pregnancy, so the party can probably count her out of adventuring during that time. She will need rest and daily treatment by a healer or midwife to prevent dehydration. *Remove disease* can cure hyperemesis gravidarum but regular nausea and vomiting will still apply, with a -2 penalty to all Fortitude saves against regular nausea. Ginger tea can reduce the nauseated condition to a sickened condition, but it must be consumed every two hours, and the character will still never be quite normal until halfway through the second trimester.

Ginger Tea

This medicinal tea requires a DC 15 Heal or Profession (Herbalist) or (Midwife) to make, and must be consumed while hot. A successful check creates 30 doses of dry tea. This tea treats nausea and vomiting associated with pregnancy, relieving the sickened condition for four hours *or* reducing the nauseated condition to sickened for four hours. In cases of hyperemesis gravidarum it also works and reduces the nauseated condition to sickened, but only for two hours per dose. It can also be enjoyed as a regular herbal tea, with a light taste and pleasant digestive effect.



Second Trimester

The second third of pregnancy is often recalled with fondness by mothers. The pregnant woman gains a certain “glow,” her hair becomes thicker as estrogen floods her system and prevents ordinary hair loss, her mood elevates, her breasts are fuller, and her libido is often enhanced. The nausea that plagued her in the first trimester is mostly gone (+10 to the daily Fortitude save to determine the effects of morning sickness), and her energy level is relatively high.

The character is still slightly vulnerable to having low energy and will gain the fatigued condition after 20 + Constitution cumulative rounds of combat in a day. She will no longer gain the condition from ordinary activity. She requires the normal eight hours of sleep each day, and she is no longer at risk of falling asleep on watch.

The “Glow”: A pregnant woman in the second trimester gains a +2 circumstance bonus to Charisma. Sadly, this will not continue into the third trimester.

Quickening: As the pregnancy continues, and the woman starts to feel the baby move, or “quicken.” This tends to happen at about four months (or eight months for the long-lived races). The mother gains a +2 morale bonus to all saving throws during the second and third trimesters of her pregnancy, as her survival instincts are sharpened.

In the second trimester, armor and clothing will no longer fit and will have to be resized (with the exception of loose robes).

The second trimester is meant to be a roleplaying “break” where the character gets to actually appreciate her condition. It is often, in real life, when women finally get to enjoy being pregnant. There are no complications to worry about during the second trimester (for game purposes, anyway).

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Third Trimester

This last stretch of the pregnancy is plagued with relatively minor discomforts: back and pelvic pain, mild insomnia, fatigue, shortness of breath from the uterus pushing upward and limiting lung expansion, awkward movements from an ever-increasing belly that throws off the center of gravity, and a greater tendency to sprain or strain the extremities.

The character suffers a -2 penalty to Dexterity and can only run at three times her speed, or two times her speed in heavy armor.

Fatigue returns, as in the first trimester. The “glow” wears off under the avalanche of minor problems. The morale bonus to saving throws, however, persists.

Armor and clothing have to be resized again, unless a clever tailor or armorer already resized them based on their assumed measurements in the third trimester. Characters should gain, overall, about 20% of their base weight during the pregnancy.

One disease of the third trimester, pre-eclampsia, bears mentioning, as does one complication, premature labor. Either of them will lead directly to labor and delivery, albeit with slightly increased risk to mother and/or baby. Roll for pre-eclampsia first and then, if negative, roll for premature labor. Avoiding these conditions means you can instead go directly to the next section, which is normal labor and delivery.

Pre-Eclampsia

Also known as: stranger face, maiden’s bane.

Ages: Any.

Description: This is a serious if somewhat mysterious disease of late pregnancy that seems to be moderated by the placenta and/or the immune system. A pregnant character has a 5% chance of developing pre-eclampsia, or a 25% chance in cases of hybrid pregnancy. With each subsequent pregnancy with the same partner the risk drops by 1%. If pre-eclampsia occurs, the GM rolls 1d10 to see when the onset occurs: 1 means it happens before the 34th week of pregnancy; 2 or 3 means it happens between 34 and 37 weeks; 4-9 means it happens at term; and 10 means that the onset is post-partum (i.e., after the birth). In a low-tech fantasy setting this disease is diagnosed by symptoms: blurred vision with spots or flashes, abdominal pain, headache, and swelling of the whole body (hence the term “stranger face,” as sometimes the woman no longer looks like herself). It can be cured magically by *remove disease* or similar magic. If not cured magically, then until delivery the woman will need bed rest and long-term care from a healer or midwife (DC 15 Profession (Midwife) or DC 20 Heal skill checks each day to alleviate symptoms). A failed



skill check means the woman progresses to severe pre-eclampsia and requires induction of labor within the following 24 hours. The attending midwife/healer may make only two attempts to induce labor during this period, once immediately and then after another 24 hours.

If the woman is at term when she develops pre-eclampsia, the midwife will generally prefer to induce delivery immediately instead of merely observing the woman and risking progression to severe pre-eclampsia. Inducing labor at term requires a DC 20 Profession (Midwife) check. If the check fails but the woman remains stable (i.e., does not develop severe pre-eclampsia as per the separate long-term care check), the midwife can repeat the induction check every day until successful. In the meantime she must also roll each day to properly manage the pre-eclampsia, as detailed above. If the pregnancy is still early, the midwife will usually try to manage the woman without risking a premature delivery, namely by making checks until 37 weeks, at which it becomes advisable to induce labor. A dose of moonroot paste gives a +5 alchemical bonus to an induction attempt.

If the woman develops severe pre-eclampsia after a failed management check but the baby is premature (i.e., before 37 weeks), the midwife must induce labor even though the risks of prematurity will apply to the baby (*see below*). Inducing labor in a premature pregnancy is more difficult: it requires a DC 30 Profession (Midwife) check. Because this is only

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attempted in urgent cases of severe pre-eclampsia, there is always a deadline for delivery: if the two attempts allowed both fail (one immediately and one 24 hours later), immediate caesarean section is required (forceps are only useful in obstructed labor).

Any woman with pre-eclampsia also requires post-partum follow-up. This requires a DC 15 Profession (Midwife) or DC 20 Heal check each day. Three consecutive successful checks cures pre-eclampsia. “Luckier” women who only develop pre-eclampsia post-partum will also have to be managed in this way. Serious complications for the mother — including liver disease resembling cirrhosis, seizure, or hypertensive stroke, at the discretion of the GM — occur in the following circumstances: delivery is delayed more than 24 hours after severe pre-eclampsia develops (i.e., more than two induction checks), or if two post-partum checks in a row are failed. Those complications require *remove disease* or stronger healing magic to alleviate.

Premature Delivery

There is a risk of premature delivery during the third trimester. The player or GM should roll percentiles: on a result of 1-10 there will be premature labor as follows: 1, very early preterm; 2-3, early preterm; 4-6, moderate preterm; and 7-10, late preterm.

The smaller size of the baby means that there is no chance of obstructed labor (in these simplified game rules, at least), but the woman still has to roll for post-partum hemorrhage after the delivery. Risks for the baby, however are significant and worsen with the degree of prematurity. The biggest risks to very early preemies are always to the lungs and brain. In the real world, modern developed countries have methods of maturing babies’ lungs and caring for premature babies that greatly increase survival and reduce disability compared to what is listed here, but we have

attempted to make the risks realistic for a low-tech fantasy setting. Historically speaking, premature babies simply did not do very well.

Very Early Preterm (Under 28 Weeks): The infant needs a *heal* spell or more potent magic to mature his lungs and give him any chance of survival. If the spell is not forthcoming within 3d6 minutes after birth, the child dies. Even after the spell is applied, there is a 50% chance of death within 1d6 days. If the child survives, there is a 50% chance of serious complications. Roll on the chart below to determine the complications, if any. A *regenerate* spell reduces the risk of death and complications to 0%.

Early Preterm (28-32 Weeks): The child needs a *heal* spell to mature his lungs or suffer a 50% chance of death within 1d6 days. If healed, the chance of death drops to 25%. If he survives the first few days, he still has a 50% chance of complications. A *regenerate* spell reduces the risk of death and complications to 0%.

Moderate Preterm (32-34 Weeks): There is a 25% chance of death within 1d6 days unless a *heal* spell is applied. If the child survives, there is a 25% chance of respiratory distress syndrome (treat as acute asthma, which the child will have as a permanent condition; see “Asthma” in Chapter 3: The Chest). A *regenerate* spell reduces the risk of death and complications to 0%.

Late Preterm (35-37 Weeks): 5% chance of death, with a 10% chance of respiratory distress syndrome and subsequent permanent asthma as above if the child survives.

A DC 20 Profession (Midwife) or Heal skill check reduces the chance of death in a premature birth by 5%. Techniques include covering the newborn in sunflower oil to preserve heat and reduce infection risk; ensuring it is skin-to-skin with its mother at all times; giving it breastmilk by any means possible (e.g.,

Premature Delivery Complications

d100	Complication
01-10	Intraventricular hemorrhage (–4 Intelligence, –2 Wisdom) and ADHD (severe)
11-20	Cerebral palsy (–4 Dexterity, –2 Strength) and epilepsy
21-30	Bronchopulmonary dysplasia (–4 Constitution, –2 Intelligence) and asthma
31-40	Necrotizing enterocolitis (–4 Constitution, –2 Strength) and intestinal strictures (15% daily chance of sickened condition all day due to abdominal pain, diarrhea, and mild nausea, rolled every morning) This sickened condition can be treated magically, but ginger tea has no effect.
41-50	Retinopathy of prematurity (i.e., baby is blind)
51+	No serious complications

The second part of each complication can be treated as mentioned in other parts of the book but, no matter the magical intervention, the ability score losses remain — as does the blindness in retinopathy of prematurity, as it is caused by abnormal development and not by destruction of the eye.

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making milking tea for the mother, or even giving the baby milk from another mother). Unfortunately, midwives do not have the technology to minimize or reduce the risk of subsequent complications for the baby, either for the serious ones or for respiratory distress syndrome.

Labor and Delivery

Almost all women fear labor and delivery and, in a low-tech fantasy setting, this is a legitimate fear. Giving birth is the most physically dangerous thing a woman can do — apart from adventuring, of course. The wealthy and powerful have the best midwives and a few backup Clerics nearby, but most women have only the local midwife (if that), as well as their youth, strength, health, and faith to get them through it.

In low-tech settings, it is not the famous pain of labor that is the truly disconcerting part, it is everything that can go wrong. This chapter details the very real risks of obstructed labor (and its management options, namely forceps and caesarean section), post-partum hemorrhage, and post-partum infection.

Once the character reaches 37 weeks of pregnancy (74 for the long-lived races), she is at term, and she can start rolling every day to see if she goes into labor that day, as indicated on the chart below.

Chance of Spontaneous Labor

5% chance each day once she is at 37 weeks

(74 for long-lived races)

10% each day starting at 38/76 weeks

15% each day at 39/78 weeks

20% each day at 40/80 weeks

25% each day at 41/82 weeks

If the woman reaches 42 weeks (84 for long-lived races), induction is often used by the midwife to prevent complications (*see the section on pre-eclampsia, above, for induction rules*). For every day after 42 weeks, increase the chance of obstructed labor by 5%. Once in labor, the character must roll first for obstructed labor and resolve if needed. If labor is not obstructed, congratulations! She delivers a healthy baby, albeit with some physical pain involved. Roll for post-partum hemorrhage and infection.

Obstructed Labor: This is the scourge of women in the developing world, and was the scourge of all women only a few short centuries ago. Also called cephalopelvic disproportion, obstructed labor happens when the baby is simply too large to pass naturally through the birth canal. For game purposes, there is a 5% chance of this occurrence in most pregnancies, 10% if the male partner is more than one foot taller



and 80 pounds heavier than the female partner, and 50% if the male partner is one size category larger than the female partner. Obstructed labor is an emergency that must be treated by forceps or by caesarean section. If untreated, the baby will die and the mother has a 50% chance of dying, and even if she manages to deliver her dead baby and survive herself (fetal death ironically makes the passage of the baby easier and can relieve the obstructed labor), 50% of cases will result in obstetrical fistulae, holes between vagina and bladder or vagina and rectum (not to mention PTSD and/or depression). Obstructed labor is treated preferentially with forceps or, if necessary, a caesarean section.

Forceps: These curved metal instruments vaguely resemble large tongs and are meant to be placed on a baby's head while it is still in the vagina, allowing the midwife to pull on the handles and extract the baby safely. Using forceps is a difficult task and requires significant competence in order to do more good than harm.

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Moonroot Paste

This prostaglandin-based substance requires a DC 25 Profession (Alchemist), (Herbalist), or (Midwife) skill check to make, and each successful check produces six doses. No other professions can make an effective version of this paste. One dose, smeared on the vulva, grants a +5 alchemical bonus for treating post-partum hemorrhage, or a +5 alchemical bonus to succeed at inducing labor.

Three doses taken orally during the first trimester will induce an early miscarriage and in doing so causes severe nausea and bleeding for 24 hours (awkward but not damaging). Midwives administer the substance directly to the women who request it for this purpose and will rarely or never sell or give moonroot paste to a third party. Gnomes are reputed to have an improved version that can also induce miscarriage in second-trimester pregnancies and gives a +10 bonus against hemorrhage. This version cannot be used to induce labor, however, as it is too strong and therefore dangerous for the baby.

The active ingredient in moonroot paste is not derived from any root but rather from dried coral or dissected animals, depending on what is more readily available. Midwives protect the secret of its production — as well as supervising its distribution closely — in part via the misleading name, because the medication has the potential for harm if given to an unsuspecting pregnant woman.

Milking Tea

Milking tea (aka Bessie's Brew) requires a DC 15 Heal or Profession (Herbalist) or (Midwife) skill check to make and must be consumed hot. A successful check creates 30 doses of tea. This combination of herbal teas, mixed with a little alcohol, increases the supply of breastmilk for eight hours from inadequate to adequate for one baby.

Alternately, milking tea can make a naturally adequate supply abundant, enough to feed two babies, or can make a naturally abundant supply exceptional, enough to feed three babies. It can only increase production by one level no matter how often it is taken. This tea is not pleasant-tasting and is unlikely to be drunk by anyone who does not require its medicinal effects.

Proper use of forceps requires a DC 20 Profession (Midwife) skill check to deliver the baby safely. Midwives cannot take 10 or 20 on this check. Each midwife may make only one check for any given delivery (representing her actually placing and pulling on the forceps), but may assist freely on any number of checks made by other midwives (representing giving advice on placement of forceps and strength of traction).

If a midwife fails the skill check to use forceps, the baby is not delivered but there are otherwise no complications and she can proceed to a caesarean section (or another midwife can try with the forceps, and this applies even if the second midwife just assisted the first one on her failed check). For each failed check, however, there is a 25% chance that the mother will begin bleeding (treat as an automatic post-partum hemorrhage, which will only start taking effect after the C-section or subsequent forceps manages to deliver the baby). If the skill check result is 5 or less the child dies and the mother has a post-partum hemorrhage (*see below*).

Forceps cost 5 gp and are made of steel. Masterwork forceps are made of a light, strong alloy and are perfectly shaped to a baby's head. They cost 50 gp and grant a +2 equipment bonus to the check.

Caesarean Section: Performing a Caesarean section requires a DC 30 Heal skill check, 30 minutes to perform the procedure, and requires a midwife as assistant to the surgeon in order to properly extract the baby and the placenta (the midwife may attempt an aid another action using Profession (Midwife) to aid the surgeon's Heal check). Failure by less than 10 means that the baby is delivered safely but that the woman starts bleeding (1d4 points of bleed damage) and requires a *cure serious wounds* spell to heal the incision. Failure by 10-14 points on a Caesarean section check means that the baby can still be extracted but at the cost of the mother's life, while failure by 15 or more points means that both mother and baby die.

In the absence of a surgeon, the midwife can attempt to perform a Caesarean section herself with a DC 35 Profession (Midwife) skill check. This DC increases by +5 if the surgeon or midwife attempts the procedure without an assistant.

After a successful Caesarean section, the mother and baby must remain under a healer's care (midwife or surgeon) for at least a week, and face the usual consequences of surgery and risk of infection.

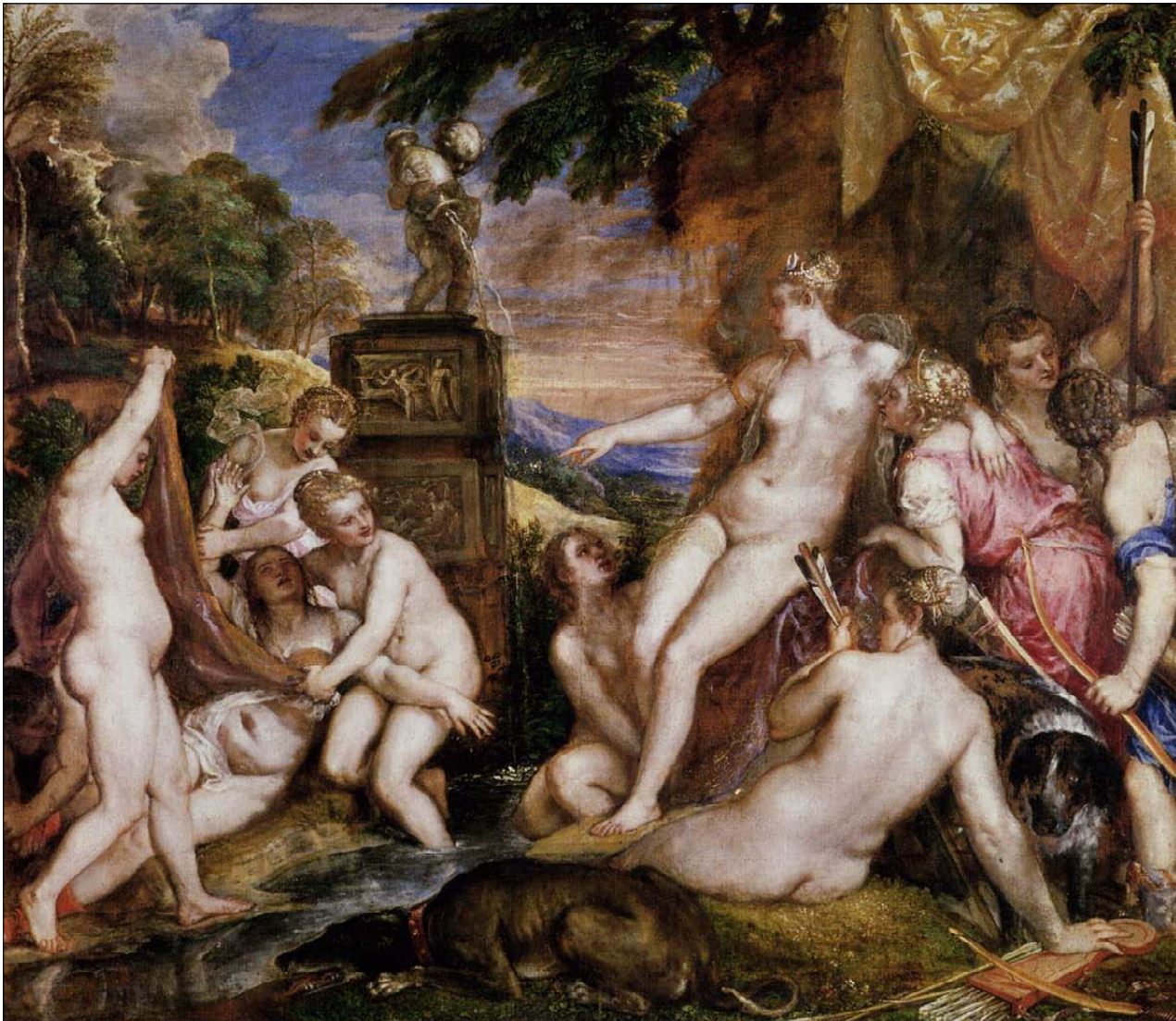
Post-Partum Hemorrhage: 10% of all deliveries are complicated by hemorrhage, causing the woman to suffer 1 Constitution damage due to blood loss. A DC 20 Profession (Midwife) or Heal skill check is

Chapter 15: Pregnancy

required to stop the bleeding with herbs and physical interventions. In the case of a failed check, the midwife can repeat the check every round until she succeeds, but the woman loses 1 more Constitution point per failed check, dying of exsanguination if she reaches 0 Constitution. Use of moonroot paste smeared on the vagina adds +5 to the check. Alternatively, a *cure moderate wounds, restoration*, or *regenerate* spell will stop the hemorrhaging.

Post-Partum Infection: Base risk for infection after an uncomplicated or forceps delivery is 2%, and after Caesarean section 5%. Double this risk if there were unsanitary conditions or in cases of post-partum hemorrhage; these risks are cumulative. Treat any infection as wound infection (*see Chapter 8: Infections*), except affecting the vulva and vagina.

Breastfeeding: Breastfeeding is essential for the survival of babies in fantasy settings. Unless there is a wet nurse available for the baby, count on the mother being unable to adventure for at least a year, until the baby can safely drink cow's or goat's milk. The mother must make a Constitution check to determine level of milk supply; a result of 5 or more means an adequate supply, 15 or more means an abundant supply, and 20 or more means an exceptionally abundant supply. Inadequate supply can be treated with milking tea, but this will have to be taken every eight hours for three months in order to ensure that supply remains adequate afterwards. Wet nurses routinely take milking tea to be able to feed more than one baby and must continue taking it for as long as they wish the effect to last.





Appendix I: Feats

Apothecary [General]

You recognize the medicinal value of plants, herbs, minerals, and other natural substances.

Benefit: You gain a +2 competence bonus to all Craft (alchemy), Heal, and appropriate Profession skill checks (e.g., Profession (herbalist)).

Attention-Deficit/Hyperactivity Disorder [General]

Your short attention span and impulsive nature combine to give you a faster reaction time, but you have problems learning and studying.

Prerequisites: Character level 1, Knowledge as a class skill.

Benefit: You gain a +4 bonus on initiative checks and a +2 bonus on all Reflex saving throws. However, you receive a -4 penalty on all Knowledge checks.

Carrier [General]

You carry a dangerous infection that causes you no harm but poses a persistent risk to others.

Prerequisites: Must have been exposed to an infectious disease or one capable of being transmitted from your race to another creature, and have succeeded on any Fortitude saving throws related to it.

Benefit: Select one infectious disease to which you have previously been exposed but did not become symptomatic. You become permanently immune to the effects of the disease. Anyone who comes into contact with you in an appropriate fashion (e.g., inhalation, blood contact) is considered to be exposed to the disease and must make the appropriate saves



to prevent infection. This disease cannot be removed from your body by any magic short of a *wish* or *miracle* spell; *remove disease*, *restoration*, and similar magic renders the carrier non-infectious for one week.

You may select this feat multiple times; each time, it applies to an additional disease.

Crutch Proficiency [General]

Though you may be hobbled by illness or injury, you walk perfectly well with the aid of a crutch.

Benefit: When walking with the aid of a crutch, you move at your normal speed.

Normal: A character who is hobbled, suffering from a leg injury, or missing a leg moves at half speed with the aid of a crutch.

Faith Healer [General]

People around you believe that your touch can cure sickness, and they believe it so strongly that to a degree it becomes true.

Prerequisite: Charisma 16 or local mythology justifying your ability to heal the sick.

Benefit: When you touch an individual suffering from an active disease, if he or she believes that your touch will heal them it will stop their disease from progressing for 1d8-1 days. The number of days increases by one if your touch is accompanied by any form of ritual or other pomp and circumstance lasting at least five rounds. You may only “cure” a particular

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creature in this way once per 1d12 months, but there is no limit to the number of creatures you can cure per day.

Healthy as a Horse [General]

Your superior physical fitness makes you better able to stave off exhaustion and also helps you fight off illness.

Prerequisite: Constitution 12.

Benefit: You gain a +4 bonus on Constitution checks to continue running and to avoid nonlethal damage from a forced march, and you recover from being fatigued after four hours of rest instead of eight. You also gain a +2 bonus to all Fortitude saves versus disease.

Inured to Pain [General]

You have learned how to cope with pain and move beyond it.

Benefit: The DCs of your concentration checks due to damage are reduced by 10. Penalties you suffer to skills and ability checks due to pain are reduced by 2 (to a minimum of 1).

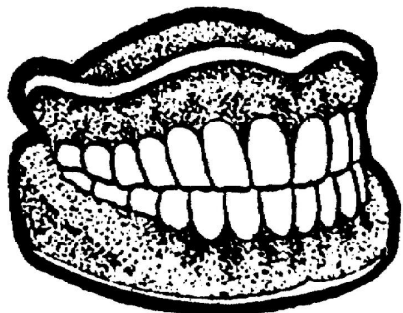
Jaws [General]

You have lost your natural teeth but have had them replaced with fine Dwarven prosthetics.

Prerequisite: Must have lost all of your natural teeth. If this has not happened naturally, it may be done by a competent dentist in a procedure lasting one hour and causing 2d20 points of nonlethal damage. A set of artificial teeth costs 64 gp for a Small or Medium-sized humanoid.

Benefit: You gain a bite attack that deals 1d4 points of damage, which you may use as your primary or secondary attack if you have enough attacks per round. You receive your full Strength modifier on primary bite attacks and half this bonus on secondary ones. This attack qualifies as armed and does not provoke attacks of opportunity (see “Armed Unarmed Attacks” in the *Pathfinder Roleplaying Game* core rulebook).

Your teeth are removable. If you spend an additional



300 gp on them they are weapons grade and treated as masterwork quality, giving them +1 on attacks and allowing them to be enchanted into a magical weapon.

Survivor

You have lived through things that would kill a lesser creature and you intend to do so again.

Benefit: Whenever a damaging effect would normally drop you to –10 hit points or lower, make an immediate Fortitude saving throw versus a DC equal to the amount of damage dealt. If the save fails, you take damage normally and, most likely, die. If the save succeeds, however, you stabilize at –9 hit points. You may only attempt this save once per combat.

Voice of the Reaper

You have sustained damage to your vocal chords and your voice has a raspy, whispering quality that others find unsettling.

Benefit: You gain a +4 bonus to all Intimidate skill checks made using speech, but you cannot raise your voice above a normal conversational volume. Any time you are the target of a *regenerate* spell you may choose to lose this feat.

Appendix I: Feats



Insults & Injuries



Appendix II: Defects

Defects are “anti-feats,” traits that a player may select which confer penalties to their character. At character creation or whenever a character goes up a level, a player may choose to give his or her character a defect, and for each taken, may select a bonus feat from any list normally available to the character. A character may never select more bonus feats than the number of regular feats available to it based on its level. You can find hundreds of more defects and more detailed rules for using them in the Skirmisher Publishing titles *Nuisances* and *The Jester Dragon’s Guide to Defects*.

Ailing [General]

A character with this Defect is especially vulnerable to disease.

Detriment: An Ailing character must make twice the normal number of successful Fortitude saving throws to recover from diseases. Also, when rolling to avoid contracting a disease, an Ailing character must roll twice, taking the lower of the two rolls. Finally, all damage from disease is increased by 1 for this character.

Asthma, Mild [General]

A character with this disorder suffers from symptoms that might include chronic cough, shortness of breath when exercising, and a tight feeling in the chest, especially when around dust, animals, smoke, or other triggers (see Chapter 3: The Chest for more details).

Detriment: When exposed to a trigger, a character with Mild Asthma must make a Fortitude saving throw. Failure means the creature experiences an acute attack, during which it suffers a –2 penalty to Constitution for 1d10 minutes. The creature is considered to be sickened during this time. DC for the save is 5 if there is one asthma trigger, 10 if there are two, 15 if there are three, and 20 if there are four or more.

Asthma, Moderate [General]

A character with Moderate Asthma suffers from symptoms that might include chronic cough, shortness of breath when exercising, and a tight feeling in the chest, especially when around dust, animals, smoke, or other triggers (see Chapter 3: The Chest for more details).

Prerequisite: Mild Asthma.

Detriment: When exposed to a trigger, a character with Moderate Asthma must make a Fortitude saving throw. Failure means the creature experiences an acute attack, during which it suffers a –4 penalty to Constitution for 2d10 minutes. The creature is

considered to be sickened during this time. DC for the save is 10 if there is one asthma trigger, 15 if there are two, 20 if there are three, and 25 if there are four or more.

Asthma, Severe [General]

A character with Severe Asthma suffers from symptoms that might include chronic cough, shortness of breath when exercising, and a tight feeling in the chest, especially when around dust, animals, smoke, or other triggers (see Chapter 3: The Chest for more details).

Prerequisite: Moderate Asthma.

Detriment: When exposed to a trigger, a character with Moderate Asthma must make a Fortitude saving throw. Failure means the creature experiences an acute attack, during which the it suffers a –6 penalty to Constitution for 3d10 minutes. The creature is considered to be Sickened during this time. DC for the save is 15 if there is one asthma trigger, 20 if there are two, 25 if there are three, and 30 if there are four or more.



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Bleeder [Combat]

A character with this Defect is prone to bleeding out.

Detriment: A Bleeder suffers double damage from attacks that cause blood loss, such as those inflicted by swords or daggers. Additionally, the Heal skill check DC to staunch the Bleeder's wounds is 20.

Blind [General]

A character with this Defect cannot see.

Detriment: A character with this Defect cannot see and suffers all the penalties of being in total darkness.

Brittle Bones [General] [General]

A character with this Defect has bones that break easily.

Detriment: Bludgeoning attacks made against a character with Brittle Bones have their critical threat range increased by one place and receive a +2 bonus on rolls made to confirm critical hits. Additionally, this character takes falling damage as if he had fallen an additional 10 feet.

Deaf [General]

A character with this Defect lacks the sense of hearing.

Detriment: A character with this Defect is deafened at all times. Additionally, this character gains no benefit from bardic performance.

Special: Spells like *remove blindness/deafness* restore a Deaf character's hearing for a number of rounds equal to the spell's caster level.



Epilepsy, Mild [General]

This character is prone to seizures.

Detriment: A character with Mild Epilepsy has a 1% chance per day of having a debilitating seizure at a time of the GM's choosing. For each day an epileptic has not had a seizure, the chance of a having one increases by +1%, returning to 1% after a seizure is triggered (see Chapter 2: The Head and Neck).

Epilepsy, Moderate [General]

This character is prone to frequent seizures.

Prerequisite: Mild Epilepsy.

Detriment: A character with Moderate Epilepsy has a 25% chance per day of having a debilitating seizure at a time of the GM's choosing.

Epilepsy, Severe [General]

This character is prone to seizures with alarming frequency.

Prerequisite: Moderate Epilepsy.

Detriment: A character with Severe Epilepsy has a 10% chance per hour of having a debilitating seizure.

Missing Eye [General]

A character with this Defect has one less eye than he was born with.

Detriment: A character that is missing an eye suffers a -2 penalty on ranged weapon attacks and Perception skill checks based on sight due to poor depth perception.

Mute [General]

A character with this Defect lacks the power of speech.

Detriment: A character with this Defect has permanently lost the ability to speak. This character cannot cast spells with verbal components or activate magic items that require command words, or use singing-based bardic performances.

Peaked [General]

A character with this Defect is less healthy than usual.

Detriment: This Defect inflicts a -2 penalty on all Fortitude saving throws.

Poor Eyesight [General]

This character has a debilitating deformation of the eye.

Detriment: A character with Poor Eyesight suffers from either myopia, hyperopia, or presbyopia, chosen when this Defect is taken. See Wearing Glasses on the next page for more information about these conditions and how to correct them.

Special: This Defect can be taken up to three times, each time applying to a different condition of the eyes.

Wearing Glasses

Characters might end up wearing various sorts of eyewear for any number of reasons. Examples could include magnifying spectacles for offsetting the Defect Poor Eyesight, sunglasses for preventing the adverse effects of extremely bright light, and magical goggles that can allow their wearers to see things like invisible creatures or magical auras. Keeping glasses in place when they need to be there, however, can constitute a constant nuisance.

Preventing Knock-Offs

Any time a character wearing glasses makes a Reflex saving throw, he must make an additional DC 15 Reflex saving throw or have the glasses fall off and land 1d6 feet away in a random direction.

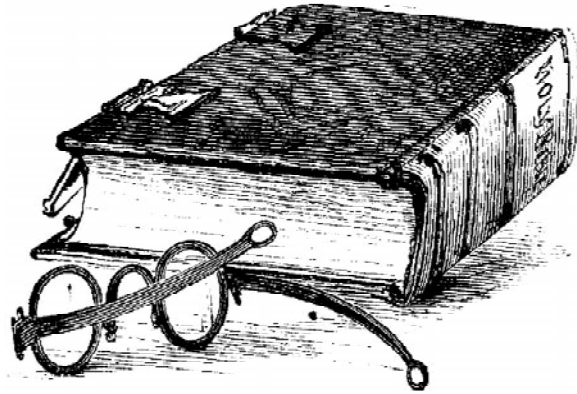
Furthermore, any time a character wearing glasses suffers melee damage, falling damage, or damage from large objects (e.g., a giant's thrown boulder), he must make a Reflex saving throw with a DC equal to the damage suffered or have his glasses knocked off, landing as described above.

As a move-equivalent action when making any such saving throws, a character can clutch at the glasses in an attempt to keep them in place, gaining a +4 bonus. Additionally, all such saving throws are at -4 for monocles and at +4 for glasses equipped with some sort of strap to prevent them from falling off. GMs can, as desired, allow such measures to be more trouble than they are worth (e.g., having them get caught on things, provoking strangling attacks of opportunity when the glasses slip down around the character's neck).

Consequences of Knock-Offs

If a saving throw to prevent glasses from being knocked off is a critical failure (i.e., a roll of a natural 1 confirmed by a simple failure), then the character's glasses are broken and cannot be used again until repaired. If a bespectacled character gets his eyewear knocked off, he will typically utter a phrase like "My glasses!" and make a DC 10 Will saving throw to resist the urge to try to immediately retrieve them as a move-equivalent action. This check is made at -5 for characters with Defects or conditions that make them dependent on their glasses.

Anytime a pair of glasses gets knocked off their wearer, they are at risk of being stepped on until retrieved. Anyone adjacent to a square into which



a pair of glasses has been knocked can use an attack to deliberately step on or strike the glasses with a weapon, breaking them on a successful attack against AC 11 that inflicts at least 1 hit point of damage. Furthermore, anyone moving in or through the square might accidentally step on and break them. This is determined by making a d20 roll and adding Strength modifiers and the same size modifiers used for grapple checks and, if the result is 21 or greater and inflicts at least 1 point of damage, they are stepped on and crushed.

If a character is casting a spell when his glasses are knocked off, any Concentration checks he subsequently has to make to keep from losing the spell are at -4. Furthermore, if a character has his glasses knocked off while casting a spell from a scroll, there is a 50% chance of spell failure, rolled after any Concentration checks have been resolved.

Aesthetic Concerns

The sorts of eyeglasses created in Medieval, Renaissance, and fantasy societies are likely to be relatively crude, grim-looking affairs (e.g., , even worse than the "birth control" glasses associated with the 1950s and the U.S. military). As a result, characters wearing such accessories generally suffer a -2 penalty on Charisma-based skill checks.

Repairing Broken Glasses

There are a number of ways to repair damaged glasses, including various uses of the Craft skill. This may not often be practical while adventuring, however, and magic is more likely to be applicable under such circumstances; three separate *Mend* spells — one for each lens and one for the frames — will generally fix a pair, as will a single casting of *Make Whole*.



Appendix III: Prestige Classes

Alienist

The call of the healer is seen in every civilized race. Countless noble souls dedicate themselves each year to the cause of healing the injured, curing the sick, and calming the suffering. The vast majority of these healers devote themselves first and foremost to healing sicknesses of the body, but some choose instead to turn their attention to sicknesses of the mind. These specialized healers are known as Alienists, from an ancient word for “insane” or “estranged.” While Alienists may lack other healers’ abilities to banish diseases and fix broken bones, they work hard to gain insight into how intelligent creatures think and what processes can go awry in their brains.

Most Alienists are Experts or Aristocrats. Rogues and Clerics both become Alienists to improve their understanding of the mind. A few Fighters and members of other combatant classes advance in this class for its applications in battlefield command. Wizards rarely choose this prestige class because of its lack of spell progression.

Hit die: d6.

Requirements

To qualify to become an Alienist, a character must fulfill all of the following criteria.

Skills: Heal 6 ranks, Sense Motive 6 ranks.

Feats: Skill Focus (Heal).

Class Skills

The Alienist’s class skills (and the key ability for each skill) are Bluff (Cha), Diplomacy (Cha), Heal (Wis),

Hide (Dex), Intimidate (Cha), Knowledge (any) (Int), Linguistics (Int), Perception (Wis), Sense Motive (Wis), and Stealth (Dex).

Skill Points at Each Level: 6 + Int modifier.

Class Features

All of the following are features of the Alienist prestige class.

Weapon and Armor Proficiency: Alienists gain no proficiency with any weapons or armor.

Skill Focus: At 1st level and at every other level thereafter (i.e., 3rd, 5th, etc.) an Alienist gains Skill Focus as a bonus feat.

Remove Fear (Ex): At 1st level, the Alienist becomes adept at calming frightened creatures. The Alienist may use *remove fear* as a spell-like ability, with a caster level equal to his total character level, a number of times per day equal to his Alienist level.

Calm Emotions (Ex): At 2nd level, the Alienist becomes adept at calming agitated creatures. The Alienist may use *calm emotions* as a spell-like ability, with a caster level equal to his total character level, a number of times per day equal to his Alienist level.

Discern Lies (Ex): At 4th level, the Alienist becomes practiced at spotting falsehoods. The Alienist may use *discern lies* as a spell-like ability, with a caster level equal to his total character level, a number of times per day equal to his Alienist level.

Detect Thoughts (Ex): At 6th level, the Alienist has become so skilled at intuiting the thoughts of others that he appears almost to read minds. The Alienist may use *detect thoughts* as a spell-like ability, with a caster level equal to his total character level, a

The Alienist

Level	Base Attack Bonus	Fort Save	Ref Save	Will Save	Special
1 st	+0	+1	+0	+1	Skill Focus (Sense Motive), Remove Fear
2 nd	+1	+1	+1	+1	Calm Emotions
3 rd	+1	+2	+1	+2	Skill Focus (Diplomacy)
4 th	+2	+2	+1	+2	Discern Lies
5 th	+2	+3	+2	+3	Skill Focus (Bluff)
6 th	+3	+3	+2	+3	Detect Thoughts
7 th	+3	+4	+2	+4	Skill Focus (Gather Information)
8 th	+4	+4	+3	+4	Inspirational Speech
9 th	+4	+5	+3	+5	Skill Focus (Intimidate)
10 th	+5	+5	+3	+5	Restore Sanity

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number of times per day equal to his Alienist level.

Inspirational Speech (Ex): When an Alienist reaches 8th level, his understanding of the mind allows him to affect the emotions of large groups of people. Once per day the Alienist may spend 10 minutes delivering a motivating speech. All friendly creatures who are able to hear and understand the Alienist may gain a circumstance bonus equal to his Charisma modifier, lasting eight hours, to one of the following of the alienist's choice:

- Melee attack rolls
- Damage rolls
- Will saving throws
- Strength-based skill checks
- Charisma-based skill checks

Restore Sanity (Ex): At 10th level, the Alienist has gained a profound understanding of mental illness and can offer relief to the sufferer. When faced with a creature suffering from mental illness or the effects of *confusion*, *insanity*, or similar spells and effects, the Alienist may spend one hour speaking with the creature, assuming they share a language and the subject is not hostile. At the end of that hour, all effects and penalties due to the creature's mental illness are



negated for a number of hours equal to the Alienist's total character level. If the target creature is afflicted with a spell of limited duration, such as *confusion*, the spell ends.

Apothecary

The volume of knowledge that a healer must master to practice her art is intimidating, and all but the most brilliant must prioritize the information they would learn. Whereas most dedicate themselves to the study of anatomy, physiology, and what can go wrong with each, others dedicate themselves to understanding how the world's myriad chemicals interact with the body. Part physician, part herbalist, and part alchemist, such characters, known as Apothecaries, unravel the mysteries of the body by learning how different chemicals can help or harm the body's natural processes.

Apothecaries take different approaches to their craft. Some are masters of the laboratory, extracting and purifying the essential essences of leaves and stones to determine what makes them powerful. Others are masters of nature and know the precise traits and uses of every plant in their vicinities. In either case, the apothecary becomes adept at finding, preparing, and dispensing poultices and powders that can heal or harm.

Most Apothecaries are experts or aristocrats. Rogues sometimes become Apothecaries because it gives them a different approach to skills many others like them take for granted. Druids sometimes become Apothecaries to increase their knowledge of the wonder and utility of nature.

Hit die: d6.

Requirements

To qualify to become an Apothecary, a character must fulfill all the following criteria.

Skills: Heal 6 ranks, Craft (alchemy) 6 ranks or Knowledge (nature) 6 ranks.

Feats: Skill Focus (Heal) or Skill Focus (Craft (alchemy)) or Skill Focus (Knowledge (nature)) or Skill Focus (Profession (herbalist)).

Class Skills

The Apothecary's class skills (and the key ability for each skill) are Craft (alchemy) (Int), Diplomacy (Cha), Heal (Wis), Knowledge (any) (Int), Perception (Wis), Profession (herbalist), and Survival (Wis).

Skill Points at Each Level: 6 + Int modifier.

Appendix III: Prestige Classes

Class Features

All of the following are features of the Apothecary prestige class.

Weapon and Armor Proficiency: Apothecaries gain no proficiency with any weapons or armor.

Skill Focus: At 1st level the Apothecary gains Skill Focus in Heal, Craft (alchemy), Knowledge (nature), and Profession (herbalist) as bonus feats if he does not already possess these feats.

Armamentarium: Years of study and collecting have left the Apothecary with an impressive supply of ingredients. The Apothecary constantly renews this supply, either by visiting local shops or simply walking around outside and finding useful plants for one hour each morning. The Apothecary is assumed to have readily available whatever ingredients or medicines are required to treat an illness or wound as long as they cost less than 50 gp per dose. Additionally, as long as the Apothecary renews her armamentarium each morning, she possesses a number of healing kit uses each day equal to her Apothecary class level.

If the armamentarium is lost or destroyed, it can be replaced after one week spent gathering natural ingredients and 50 gp per Apothecary level to cover the cost of alchemical components and constructing a new cabinet.

Pain Control (Ex): At 2nd level, the Apothecary has become extremely adept at treating pain and can help an injured creature get back on its feet with incredible speed. As long as an Apothecary possesses her armamentarium, she may use *cure light wounds* as a spell-like ability a number of times per day equal to her Apothecary class level. At 5th level this ability functions as *cure moderate wounds*, and at 8th level as *cure serious wounds*.

Poison Use: At 3rd level, an Apothecary is trained in the use of poison and cannot accidentally poison herself when applying poison to a weapon.



Analyze Medicine (Ex): At 4th level, an Apothecary can identify medicinal potions (e.g., potions of *cure light wounds*, *regenerate*, *restoration*) by sight, smell, and taste. The Apothecary may use *detect magic* as a spell-like ability to identify medicinal potions within five feet at will.

Delay Poison (Ex): At 6th level, the Apothecary's armamentarium contains treatments for all manner of deadly substances. As long as the Apothecary possesses her armamentarium, she may use *delay poison* as a spell-like ability a number of times per

The Apothecary

Level	Base Attack Bonus	Fort Save	Ref Save	Will Save	Special
1 st	+0	+1	+0	+1	Skill Focus, Armamentarium
2 nd	+1	+1	+1	+1	Pain Control (Light)
3 rd	+1	+2	+1	+2	Poison Use
4 th	+2	+2	+1	+2	Analyze Medicine
5 th	+2	+3	+2	+3	Pain Control (Moderate)
6 th	+3	+3	+2	+3	Delay Poison
7 th	+3	+4	+2	+4	Detect Poison
8 th	+4	+4	+3	+4	Pain Control (Serious)
9 th	+4	+5	+3	+5	Neutralize Poison
10 th	+5	+5	+3	+5	Remove Disease

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day equal to her Apothecary class level.

Detect Poison (Ex): By 7th level, the Apothecary is well-versed in the physical properties of all manner of medicines, drugs, and poisons and can recognize them by sight, smell, and taste. The Apothecary may use *detect poison* as a spell-like ability at will within five feet.

Neutralize Poison (Ex): At 9th level, the Apothecary has an unmatched mastery of antidotes and antivenoms. As long as the Apothecary possesses her armamentarium, she may use *neutralize poison* as a spell-like ability a number of times per day equal to her Apothecary class level.

Remove Disease (Ex): At 10th level, the Apothecary knows the secrets to alleviating almost any condition that can afflict a living creature. As long as the Apothecary possesses her armamentarium, she may use *remove disease* as a spell-like ability a number of times per day equal to her Apothecary class level. At the GM's discretion, the Apothecary may not be able to use this ability on certain diseases that would logically not be treatable with non-magical medicines.

Chirurgeon

As long as pain has existed, there have been creatures who wondered how it could be negated. When knives were first crafted, one of the first things for which they were used was to try to cut pain out of the body. Although early attempts at performing surgery were less than wholly effective and not particularly safe, in the millennia since many races have learned some of the secrets of cutting bodies open and, more importantly, sealing them up again. The healers who become expert in this field are known as chirurgeons, or surgeons. Where healing magic is scarce, the chirurgeon is sometimes the most effective life saver.

Many Chirurgeons are Experts or Aristocrats. Rogues, with their reliance on both high Dexterity and high Intelligence, tend to make the best Chirurgeons. Clerics sometimes take up the mantle, but the loss of spellcasting ability dissuades many from this path. Other classes rarely become Chirurgeons, though it is not unheard of; some of the finest Chirurgeons ever to live have been Paladins who sought respite from combat and turned their skill with blades to another use.

Hit die: d6

Requirements

To qualify to become a Chirurgeon, a character must fulfill all of the following criteria.

Skills: Heal 7 ranks.

Feats: Skill Focus (Heal), Weapon Focus (knife, dagger, or scalpel/surgical blade).

Class Skills

The Chirurgeon's class skills (and the key ability for each skill) are Bluff (Cha), Diplomacy (Cha), Heal (Wis), Intimidate (Cha), Knowledge (any) (Int), Perception (Wis), Sense Motive (Wis), and Sleight of Hand (Dex).

Skill Points at Each Level: 4 + Int modifier.

Class Features

All of the following are features of the Chirurgeon prestige class.

Weapon and Armor Proficiency: Chirurgeons gain proficiency with surgical blades if they are not already so.

Improved Take 20 (Ex): A Chirurgeon learns the value of working slowly and methodically and one who takes 10 or 20 on a Heal skill check gains an additional +4 circumstance bonus.

Second, Do No Harm: A Chirurgeon's mastery of anatomy and knowledge of the body's pain centers allows him to cause harm as well as repair it. At 2nd level, a Chirurgeon's critical threat range with all slashing and piercing weapons increases by 1.

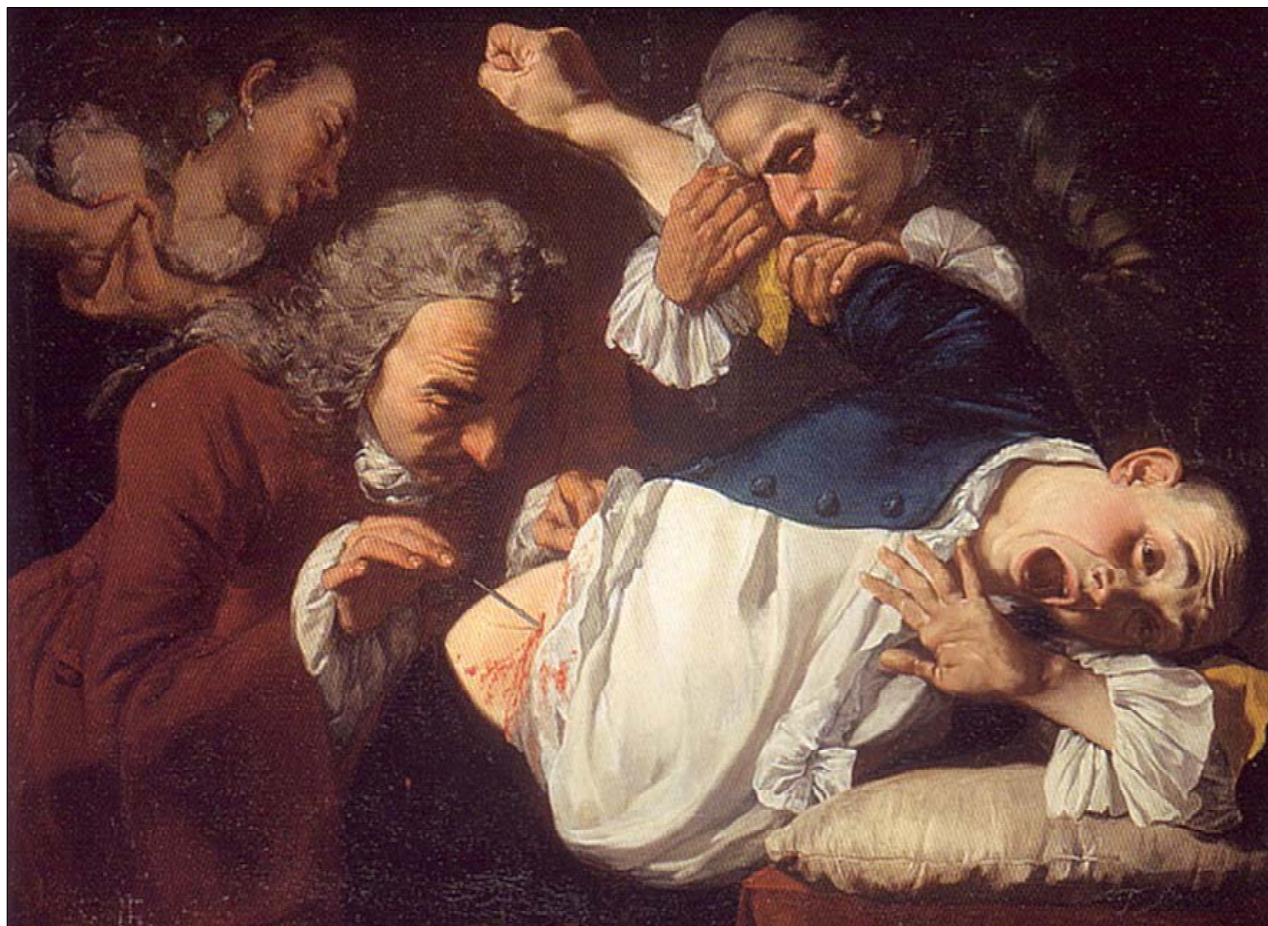
Third, Do Further Harm: Few realize a healer can do great harm until it is too late. At 3rd level, the Chirurgeon gains the ability to sneak attack for 1d6 points of damage as a 1st-level Rogue. If a Chirurgeon already possess a sneak attack, his sneak attack damage increases by 1d6.

Dull the Senses (Ex): After much practice and experience, the Chirurgeon has become adept at judging how to dull a patient's pain during surgery. Beginning at 4th level, a Chirurgeon who has alcohol, opium, or another pain-killing agent readily available may calculate an optimum dosage for a patient on a successful DC 15 Heal check, regardless of the usual DC to use the drug. The dosage calculated renders a creature unconscious and helpless and prevents it from suffering any pain until 2d6 hours after the surgery is completed.

Chirurgeon's Knot: After extensive practice in tying knots, the Chirurgeon is a master at the task. At 5th level, a Chirurgeon receives a +4 bonus to all Heal skill checks when closing wounds or staunching the flow of blood.

Team Leader (Ex): At 7th level, the Chirurgeon's confidence, skill, and reputation command the obedience of anyone helping the surgery. Whenever a creature uses an aid another action to assist the

Appendix III: Prestige Classes



Chirurgion, it provides a +4 instead of a +2 bonus.

Prevent Disease (Ex): Although the Chirurgion may not understand the workings of bacteria and viruses, years of practice have given him an instinctive knowledge of what predisposes a patient to illness post-surgery. Any creature operated on by a Chirurgion of at least 8th level gains a +4 bonus to Fortitude saving throws versus post-operative

infection.

A Poor Workman (Ex): At 10th level, the chirurgion has become so adept at his craft that even working with sub-optimal tools is no significant impediment. Such a Chirurgion who has even basic tools available is always considered to have the +2 circumstance bonus from working with masterwork artisan's tools.

The Chirurgion

Level	Base Attack Bonus	Fort Save	Ref Save	Will Save	Special
1 st	+0	+1	+0	+1	Improved Take 20
2 nd	+1	+1	+1	+1	Second, Do No Harm
3 rd	+1	+2	+1	+2	Third, Do Further Harm
4 th	+2	+2	+1	+2	Dull the Senses
5 th	+2	+3	+2	+3	Chirurgion's Knot
6 th	+3	+3	+2	+3	
7 th	+3	+4	+2	+4	Team Leader
8 th	+4	+4	+3	+4	Prevent Disease
9 th	+4	+5	+3	+5	
10 th	+5	+5	+3	+5	A Poor Workman

Insults & Injuries

Physician

In most regions and societies, medicine is something only poorly understood. The body's workings are seen as being nearly magical and almost incomprehensible. Disease is vaguely defined and usually considered evil, and its causes are as mysterious as the whims of the gods who allow good folk to fall ill at all. Physicians are those scholars who have dedicated their lives both to curing disease and also to understanding it. They see disease not as malign magic but rather as a part of nature that can be studied, understood, and conquered. Some physicians see death as an enemy to be fought, while others accept it as an inevitable end whose coming can be met without pain.

Clerics are the class most likely to embrace the path of Physician, as it allows them to advance their healing ability in a different direction from their peers. Rogues sometimes hear the call, as do Wizards whose research deals with infections and plagues. A few Bards have been known to become Physicians, but this is unusual. Many Physicians are Experts or Aristocrats.

Hit die: d6.

Requirements

To qualify to become a physician, a character must fulfill all of the following criteria.

Alignment: Any non-evil.

Skills: Heal 6 ranks, Knowledge (medicine) 6 ranks.

Feats: Skill Focus (Heal).

Class Skills

The Physician's class skills (and the key ability for

each skill) are Bluff (Cha), Craft (any) (Int), Diplomacy (Cha), Handle Animal (Cha), Heal (Wis), Knowledge (any) (Int), Perception (Wis), Profession (any) (Wis), Search (Int), Sense Motive (Wis), and Survival (Wis).

Skill Points at Each Level: 6 + Int modifier.

Class Features

All of the following are features of the Physician prestige class.

Weapon and Armor Proficiency: Physicians gain no proficiency with any weapons or armor.

Spells per Day/Spells Known: At 2nd level and every even-numbered level thereafter, the Physician advances in spells per day and spells known as if he had also gained a level in a spellcasting class he belonged to before becoming a Physician. A spellcaster adds one half of his Physician level (rounded down, minimum +1) to his caster level. If the creature had more than one spellcasting class before becoming a Physician, the player must decide which class to assign each level of Physician to for purposes of determining spells per day. If the creature does not have any spellcasting ability he receives a bonus feat.

Improved Take 20 (Ex): A Physician learns how to treat injuries quickly, especially if he works in a large town or city where the next injured person may already be outside and bleeding. A Physician gains a +4 bonus when taking 10 or taking 20 on a Heal check.

Round On My Patients (Ex): As the Physician learns more, he becomes capable of caring for problems with more ease. When the Physician provides long-term care with the Heal skill, he may care for the usual six patients, plus an additional one per Physician level (i.e., seven patients at 1st level,

The Physician

Level	BAB	Fort Save	Ref Save	Will Save	Special
1 st	+0	+1	+0	+1	Improved Take 20, Round On My Patients
2 nd	+1	+1	+1	+1	Fix 'Em Up (Light), +1 level of existing spellcaster class or bonus feat
3 rd	+1	+2	+1	+2	Send 'Em Home
4 th	+2	+2	+1	+2	Quick Assessment, +1 level of existing spellcaster class or bonus feat
5 th	+2	+3	+2	+3	Fix 'Em Up (Moderate)
6 th	+3	+3	+2	+3	Master Healer, +1 level of existing spellcaster class or bonus feat
7 th	+3	+4	+2	+4	Skill Focus (Alchemy)
8 th	+4	+4	+3	+4	Fix 'Em Up (Severe), +1 level of existing spellcaster class or bonus feat
9 th	+4	+5	+3	+5	Restore Ability
10 th	+5	+5	+3	+5	Deny Death, +1 level of existing spellcaster class or bonus feat

16 patients at 10th level).

Fix ‘Em Up (Light) (Ex): At 2nd level, a Physician can bandage and close wounds with such efficiency that the effects rival magical healing. A Physician can heal another creature’s hit points as if he had cast *cure light wounds* as a Cleric of equal Physician level. This ability takes one round per point of damage healed. A Physician can use this ability a number of times per day equal to his Physician level, but may only use it once per day on any single creature.

Send ‘Em Home (Ex): At 3rd level, a Physician’s healing skills are such that he does not need to watch over a creature at all times to facilitate its healing. A creature who spends 10 minutes under a Physician’s care heals one extra hit point per day for 1d4 days.

Quick Assessment (Ex): A Physician of 4th level who spends one full-round action surveying a scene can determine if a number of creatures equal to its Physician class level are dead, fragile, fighting off death, or healthy as per the spell *deathwatch*. This ability does not allow a Physician to identify whether a creature is undead or neither alive nor dead (e.g., a construct).

Fix ‘Em Up (Moderate) (Ex): At 5th level, a Physician’s Fix ‘Em Up ability can be used as *cure light wounds* or *cure moderate wounds* and requires one round per two points of damage healed.

Master Healer (Ex): At 6th level, a Physician’s bonus from Skill Focus (Heal) doubles.

Skill Focus (Alchemy) (Ex): At 7th level, a Physician gains Skill Focus as a bonus feat applying to the skill Craft (alchemy). If the Physician already

Appendix III: Prestige Classes

has Skill Focus on Craft (alchemy), or gains the same from another source, the bonuses granted by the feat double.

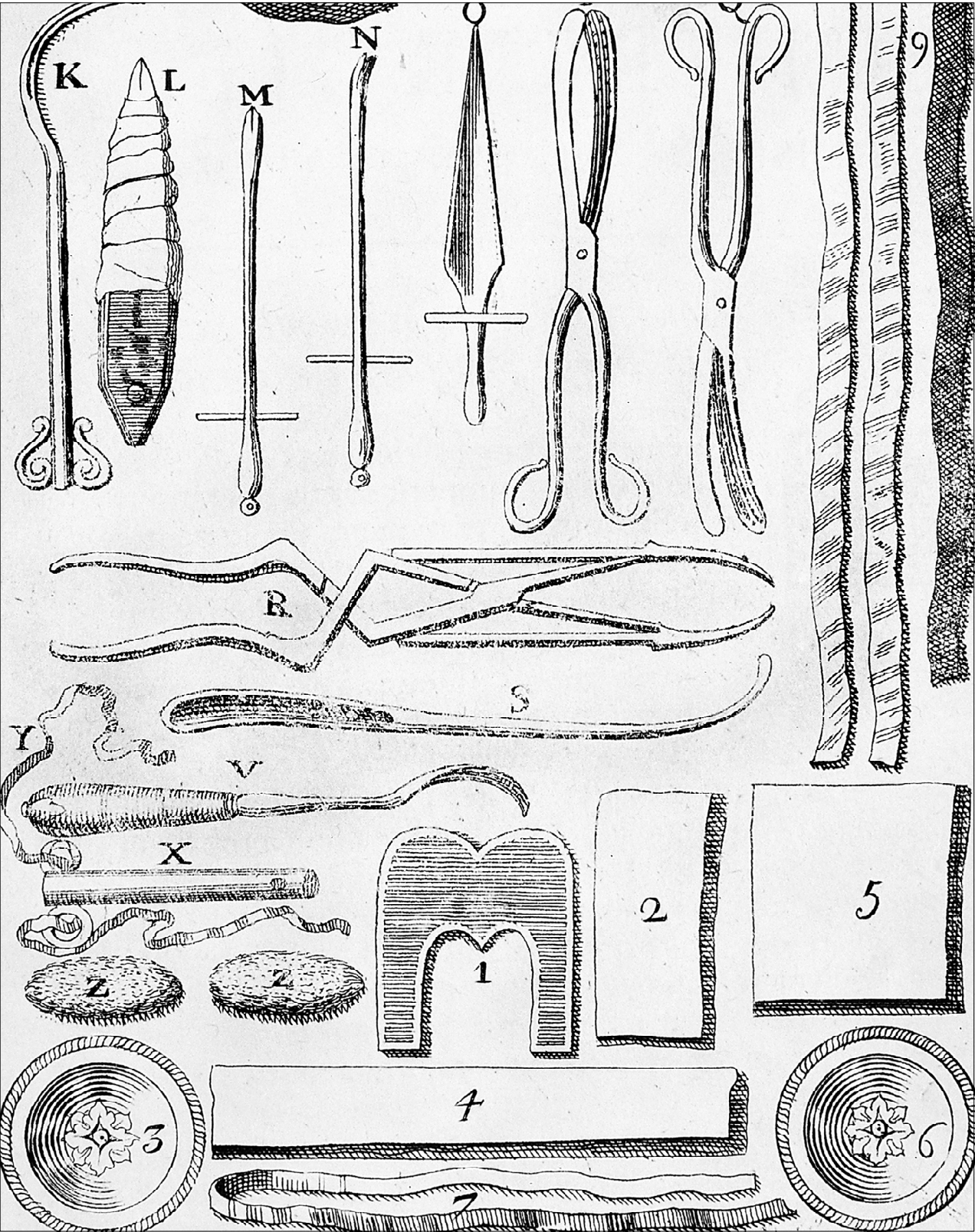
Fix ‘Em Up (Severe): At 8th level, a Physician’s Fix ‘Em Up ability can be used as *cure light wounds*, *cure moderate wounds*, or *cure serious wounds* and requires one round per three points of damage healed.

Restore Ability (Ex): At 9th level, a Physician who spends one hour with a creature who has suffered ability damage restores 1d2 points from a single ability score to that creature. A Physician may use this ability a number of times per day equal to his Physician level, but only once per day on any single creature.

Deny Death (Ex): At 10th level, the Physician has acquired the skill (and the sheer bloody-mindedness) to fight off death itself from moment to moment. Any time a creature within 10 feet of the Physician would die, the Physician may take a full-round action to attempt a DC 30 Heal check. If the check succeeds, the creature stabilizes. If the cause of death was Constitution damage, the creature’s Constitution becomes 1. This stabilization does not address the cause of death; while a creature in combat may require only a single check to survive, a creature who is suffocating will continue to risk suffocation each round. The Physician may attempt this full-round action on subsequent rounds if needed, but the DC of the Heal check rises by 1 each round. At the GM’s discretion, Deny Death may not be able to save a creature from some forms of death, such as decapitation by a vorpal weapon or immersion in molten lava.



Insults & Injuries



Appendix IV: Equipment & Magic Items

Mundane Equipment

Item	Cost	Weight
Bandages, 50 yards	1 gp	—
Balms, Salves, and Medicinals	10 gp	½ lb
Belladonna Drops (bottle)	50 gp	—
Cranial Drill	8 sp	1 lb
Crutch	4 sp	5 lbs
Elixir of Fearlessness (poppy juice)	10 gp	—
Hook	4 gp	1 lb
Leeches (jar of 10)	15 gp	½ lb
Pomander	20 gp	—
Potion Tooth	3 gp	—
Scalpel	2 gp	—
Theriac	5 gp	½ lb
Wrench	5 sp	2 lb

Bandages: These thin cotton strips are absorbent and strong and can be used to bandage wounds or tie tourniquets. A creature using up one yard of bandages gains a +2 bonus to first aid Heal checks. A creature can gain this bonus only once per wounded creature per day no matter how many yards are applied.

Balms, Salves, and Medicinals: In areas without many priests, or those with desperate or gullible populations, nearly anything can be sold as a “medicine” or a “cure.” Wandering merchants travel from village to village selling all manner of strange and often ridiculous substances with claims that they can do things like repair arthritis, ease the pain of gout, or cure lycanthropy. Few if any of these balms actually have any effect. Common balms include snake oils, the dung of various animals, alcohols made from any number of woods and plants, and the nectar of many flowers.

Belladonna Drops: These drops contain a diluted form of belladonna toxin that can be delivered by a glass dropper designed to deliver a small, set dose. When one to two drops are dripped into a creature’s eyes, they dilate the pupils and make the eyes appear wide. A creature who uses belladonna drops gains a +4 bonus to all Diplomacy and Bluff skill checks made for one hour against any creatures who are conscious of and influenced by fashion trends (e.g., aristocrats). As an incidental effect, the creature gains low-light vision for half an hour but also becomes sensitive to

bright light and becomes dazzled by sunlight during that time. A single bottle contains 50 doses.

Cranial Drill: In many societies, mental disorder is believed to be caused by evil spirits that enter a creature’s head. The “treatment” for this is trepanning, the drilling of small holes into the head to let out the demons. This specialized drill is designed and marketed specifically for drilling skulls. A creature that operates a cranial drill must make a successful DC 6 Dexterity check or kill the patient. If the Dexterity check succeeds, the patient loses 1d6 points of Intelligence.

Crutch: This simple wooden device is used to help creatures with injured legs bear weight and move about. An ordinary crutch comes up to armpit level and helps to support the injured side. A creature using a crutch can move at half its normal speed despite injury to or loss of one leg. A creature may become proficient in crutches by taking a feat, as if they were a weapon, and move at normal speed. An ordinary crutch can bear approximately 150 pounds.

Elixir of Fearlessness (Poppy Juice): This non-magical concoction contains a low dose of opium mixed with wine. Although the dose is too low to produce painlessness, the drug confers enough of a “high” that the user gains a +4 bonus to all saves versus fear for 1d4 hours. The concentration of drug in this elixir is not sufficient to cause addiction. One vial of elixir contains enough for a single use.

Hook: When most creatures lose hands, *regenerate* spells are far too costly to be a valid treatment. While some few races may have access to lifelike prosthetics, most humanoids must make do with hooks: iron or steel devices that can be strapped onto a wrist and are curved enough to allow some manipulation of objects. A hook may or may not be sharpened depending on the needs of the creature. A hook is an improvised weapon.



Insults & Injuries

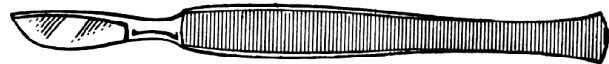


Leech: Leeches are worm-like creatures that often live near or in water, some species of which are notorious for clinging to other animals and feeding on their blood. Many healers believe that various bodily illnesses are caused by an imbalance of bodily fluids (or “humors”) and that by draining small amounts of blood from the body sickness can be cured. Such healers apply leeches to specific areas of the body to drain predictable amounts of blood. In fact, the word “leech” is thought to be derived from an ancient word for “physician.” Although there are a very few diseases that can actually be treated in this way, the vast majority cannot, and the small amount of blood taken by a single leech confers neither benefits nor penalties.

Pomander: A pomander is a hollow metal ball or container that is often mounted on a chain and worn about the neck. Many scholars believe that, when filled with fragrant herbs and aromatic spices, a pomander wards off disease and protects from infection, although whether the explanation for this is that it repels evil spirits or dispels disease-causing clouds (“miasmas”) is a matter of opinion. Although pomanders provide no significant health benefit against disease, they can make traveling through a

city much more pleasant, particularly if the streets are filled with human waste or rotting corpses. A creature wearing a pomander gains a +4 equipment bonus to Fortitude saves made to resist becoming nauseated. Pomanders can also be filled with herbs that repel insects, particularly mosquitoes, as if the wearer were protected by a *repel vermin* spell as cast by an 8th-level Cleric. Such herbs cost five silver pieces per use.

Potion Tooth: This small piece of bone is carefully shaped and filed to look like an ordinary tooth. A hollow space in the tooth can be filled with a minute amount of liquid that can be released by biting down hard and cracking the tooth open as a free action. Most commonly, a potion tooth is used by spies and assassins as a “suicide tooth,” filling it with a single dose of ingestible poison. Some adventurers use the tooth to carry small doses of potions for use in an emergency. The small dose reduces the potion’s duration to 1d4 rounds or, if the duration is instantaneous, cuts all numerical values in half. A single potion tooth can only be used once, as it must be cracked in half and swallowed. The potion dose within the tooth must be purchased separately.



Scalpel: This specialized, master-crafted blade is less than an inch long, has an edge thinner than a razor, and is fashioned from the finest-quality steel. A scalpel qualifies as a masterwork tool for purposes of performing surgery but, unless magically protected, its blade grows dull after 20 operations and must be replaced. A scalpel is largely ineffective for melee due to its small size and delicate shape, although it is a keen slashing weapon that deals 1 point of damage.

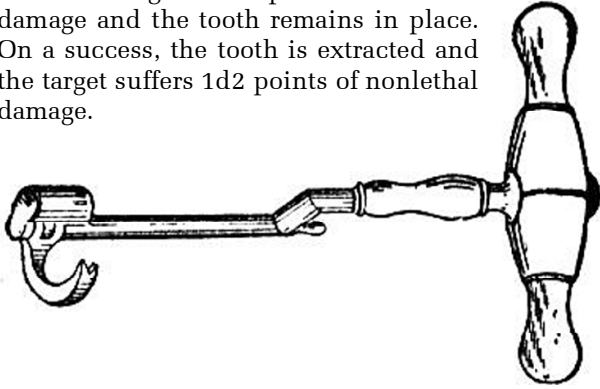
Theriac: Also known as theriaca or mithridate, theriac is an alchemical mixture used as a general antitoxin. Theriac is based on principles of homeopathy, which suggest that tiny amounts of a harmful substance can destroy larger amounts. For example, theriaca is often made by grinding up a tiny portion of snake flesh, in the belief that the final mixture will be an effective antivenom. Theriac has no significant effect against poisons but is still purchased and carried in large volumes by adventurers who travel without a Cleric.

Wrench: This durable steel wrench is specifically engineered to fit into a mouth and take a solid grip on a humanoid’s tooth, allowing a healer to pull it out with a minimum of fuss. A creature using this wrench to extract a tooth must succeed at a Strength check



Appendix IV: Equipment & Magic Items

against a DC equal to the target's Constitution; on a failure the target takes 1 point of non-lethal damage and the tooth remains in place. On a success, the tooth is extracted and the target suffers 1d2 points of nonlethal damage.



Magic Items

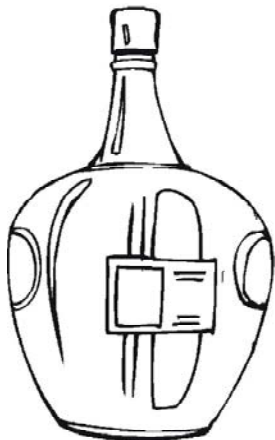
Bone Spectacles

These spectacles are the off-white of bleached bone and have slightly-darkened glass lenses. The wearer of these spectacles can choose as a free action to be unable to see flesh and perceive all creatures as skeletons. The spectacles remain active for one round, after which vision returns to normal. The spectacles have no effect on clothes, armor, or other equipment, which remain visible as normal. Any breaks in visible bone are immediately apparent to the wearer. A creature activating these spectacles for one round while performing a Heal check to tend to a broken bone gains a +4 bonus to it. Bone spectacles may be activated five times per day.

Faint illusion; CL 1st; Craft Wondrous Item, *silent image*; Price 1,600 gp.

Cleanser

The fluid in this bottle is clear but slightly oily and smells faintly of ozone. When poured on the hands and scrubbed, the cleanser cleans away all harmful substances and organisms and prevents their growth for one hour. During this time the creature cannot spread or pick up infections by its hands; if the user performs surgery during the cleanser's duration, the creature operated upon gains a +15 bonus to its Fortitude save versus post-operative infection instead of the normal +10 for sterility. A



bottle contains enough cleanser to completely cover the hands and arms of a medium-sized humanoid.

Faint transmutation; CL 1st; Craft Wondrous Item, *prestidigitation*; Price 25 gp; Weight ½ lb.

Ring of Static Illness

Much valued by wealthy landowners who can afford magical healing but may not have easy access to it, this black ring has the power to suspend the effects of disease while worn. If the ring is put on after a wearer begins to develop symptoms of a non-magical illness, that illness — and only that illness — stops progressing. No further Fortitude saves or other checks are required; as far as the disease is concerned, no time passes. If the ring is removed at any point, the disease begins progressing as normal until the ring is replaced. New diseases that develop while the ring is worn are unaffected, although the wearer can change which disease is held static simply by removing the ring and then putting it back on.

Faint conjuration; CL 3rd; Forge Ring, *delay disease*, *Gentle Repose*; Price 6,000 gp.



Tube of Listening

This device consists of a flat circle of metal connected by a one-foot tube that ends in a shallow cup four inches in diameter. When the cup is fitted over one ear and the metal disc is applied to a creature's chest or abdomen, the listener can hear sounds from within the body with phenomenal ease. The listener must have at least four ranks in the Heal skill to understand whether the sounds are normal or abnormal and interpret the information, in which case it gains a +10 bonus to Heal checks made on the target creature for 24 hours.

Faint divination; CL 5th; Craft Wondrous Item, *clairaudience*; Price 9,000 gp.



Appendix V: Spells

Cause Headache

School necromancy; **Level** Antipaladin 2, Magus 2, Sorcerer/Wizard 2, Witch 1

Casting Time: 1 standard action

Components: V

Range: touch

Target: one living creature touched

Duration: instantaneous

Saving Throw: Fortitude negates;

Spell Resistance: yes

The targeted creature instantly develops a throbbing headache, becoming sickened. The headache lasts for 2d3 hours or until the target is the subject of a *cure* spell or *remove disease*. *Delay pain* affects a headache normally.

Clarity of Sight

School divination; **Level** Bard 0, Cleric 0, Oracle 0, Sorcerer/Wizard 0, Witch 0

Casting Time: 1 standard action

Components: V, S

Range: touch

Target: creature touched

Duration: 1 day

Saving Throw: Will negates (harmless);

Spell Resistance: yes

This spell changes the focus of the eyes, such that a creature who normally suffers penalties from myopia, hyperopia, or presbyopia has those penalties negated for one day. This spell has no effect on creatures who do not require glasses and cannot improve vision beyond that of a normal healthy member of the creature's race.

Clarity of Sight, Greater

School transmutation; **Level** Bard 2, Cleric 2, Oracle 3, Sorcerer/Wizard 2, Witch 3

Casting Time: 1 standard action

Components: V, S, M

(colorless diamonds worth 1,000 gp)

Range: touch

Target: creature touched

Duration: instantaneous

Saving Throw: Will negates (harmless);

Spell Resistance: yes

All penalties to the creature's vision previously requiring corrective lenses are negated. Unlike *clarity of sight*, which temporarily improves eyesight through divination magic, this spell permanently changes the shape of the target's eyes, negating the need for glasses. A creature who is of Adult age or younger may still develop presbyopia in Middle or Old age.

Gleaming Smile

School Illusion [glamer]; **Level** Bard 2, Sorcerer/Wizard 2

Casting Time: 1 standard action

Components: S, M

(tooth from a professional entertainer)

Range: personal

Target: you

Duration: 10 min./level

Saving Throw: Will negates (harmless);

Spell Resistance: yes (harmless)

This spell creates an illusionary radiance about your teeth. For the spell's duration, your teeth appear perfectly straight and white and when you smile there is a tiny flash of light at the corner of your mouth. You gain a +4 bonus to Bluff and Diplomacy skill checks versus all non-hostile intelligent creatures who see your smile.

Spread Disease

School necromancy [evil]; **Level** Antipaladin 2, Cleric 2, Druid 3, Oracle 3, Sorcerer/Wizard 3, Witch 2

Casting Time: 1 standard action

Components: V, S

Range: close (25 ft. + 5 ft./2 levels)

Target: one living creature

Duration: 1 minute/level (D)

Saving Throw: None;

Spell Resistance: yes

This spell targets one living creature currently suffering the symptoms of a disease that would not normally be infectious. For the spell's duration, the creature becomes infectious to all creatures of its race who come within 5 feet of it. Individuals who are exposed to the disease are affected immediately (with no incubation period). Use the disease's saving throw DCs to determine further effects.



Appendix VI: Realistic *Contagion*

The *contagion* spell becomes complicated when the category of diseases includes a large number of options. In the *Pathfinder Roleplaying Game*, *contagion* draws upon a very specific list of illnesses, all of which are infectious. If you use this book, however, you might be tempted to expand the diseases at your spell-casters' disposal.

The modified version of *contagion* presented here can broaden the spell's application. You could certainly decide that *contagion* is capable of inflicting any condition in this book if you so choose but remember two things:

- 1) Some of the illnesses in this book are caused by other spells instead, such as blindness and deafness.
- 2) Any disease that *contagion* can cause should logically be curable by *remove disease*, at least if inflicted magically.

Contagion

School: necromancy [evil]; **Level:** antipaladin 2, cleric 3, druid 3, magus 4, sorcerer/wizard 4, witch 3

Casting Time: 1 standard action

Components: V, S

Range: touch

Target: living creature touched

Duration: instantaneous

Saving Throw: Fortitude negates;

Spell Resistance: Yes

The subject contracts a disease selected from the table, which strikes immediately (no incubation period). The diseases available to the caster are determined by the caster's level. Use *contagion*'s normal save DC for the initial saving throw and the save DC of the disease thereafter.



Disease	Minimum Caster Level
Common Cold	5
Laryngitis	5
Meningitis (Viral)	6
Chickenpox ¹	7
Cancer of the Blood	8
Flu	9
Tetanus	10
Tuberculosis ²	11
Botulism	12
Leprosy ³	13
Pneumonia	14
Smallpox ⁴	15
Malaria	16
Meningitis (Bacterial)	17
Polio ⁵	18
Rabies	19
Plague	20

¹ A creature that would ordinarily be immune to chicken pox is still infected by this spell. A creature who was not previously immune becomes immune after recovery if the disease is caused by *contagion*.

² When tuberculosis is caused by this spell, it is always active, never latent.

³ A creature that would ordinarily be immune to leprosy is still infected by this spell. Creatures affected by this spell do not roll their percent chance of being immune. A creature infected via this spell may still prove to be immune if subsequently exposed to a non-magical form of the disease.

⁴ A creature afflicted with smallpox by this spell is affected as though it had failed on one saving throw against the disease, developing the standard sickening form of the malady.

⁵ A creature afflicted with polio by this spell is automatically afflicted with its paralytic variety.

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