Bad Air and Good Broth: The Game Master's Kit

By Vaidenon of Hustan, Warden of the Inkhorn Fellowship

the sicknesses and hardships of Hârn in game terms for HârnMaster: catching and running a sickness, every named sickness with its numbers, outbreaks, childbed and age, cold, heat, hunger, thirst, sleep, drink, venoms and moulds

> "My friends of the Fellowship have reckoned the world's unkindness to the body into numbers. I have read their tables, and I find them very nearly as cruel as the world."
>
> — Vaidenon of Hustan, Warden of the Inkhorn Fellowship, Tashal, Morgat 720 TR

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This is a resource for the Game Master. It sets down in the terms of HârnMaster, third edition, everything that Bad Air and Good Broth tells as a story: how a sickness is caught and how it runs, the numbers for every sickness named on Hârn, outbreaks in the villages, childbed and age, and the hardships of cold, heat, hunger, thirst, sleep and drink. Nothing here is a secret, and any player may read it; but it is written for the one who runs the table. Read the account itself for what the folk of Hârn know and believe.

How to read this kit

Numbers and rules printed in Columbia Games' books are given plainly, with the book named. The Fellowship's own values are marked † in the tables and (Inkhorn) in the text.

The Fellowship's rules fill gaps the books leave. Where a book speaks, the book wins.

Writer: Vaidenon of Hustan, with the Inkhorn Fellowship. Set down by Lesli of Bifel and his homunculus, Claudin.

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Catching and Running a Sickness

The procedure is the book's (*HârnMaster*, Physician).

- **Exposure.** Test CI × END, to a most of 95. A roll *above* it catches the sickness.
- **Course.** Note the sickness and its Healing Rate with the character's injuries. A sickness has no Injury Level.
- **Recovery Roll.** At each step of its course, test HR × END on the Infection/Disease table: CS +2 HR, MS +1, MF −1, CF −2. At H6 the sickness is beaten; at H0 the character dies. A physician's skill helps only an infected wound, not a sickness.
- **Symptoms.** A penalty of −10 to −30 to physical skills while the sickness runs; the worst leave the sufferer able to do nothing. The penalties in the table below are the Fellowship's.
- **Poison.** The same routine at shorter steps: a large dose of a deadly poison starts at H1, a small dose of a mild one at H5; a venom at 2d3−1.

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The Contagion Index

The Contagion Index is not worked out at the table: it is a fixed rating that belongs to each sickness, as its Healing Rate does. The scale runs from 1 (caught very readily) to 7 (barely caught). A higher CI protects the character, and so does a higher END.

Where the ratings come from. A few are printed: leprosy 7, rabies 2, Ratters' Yellows 4, grave-rot 4, Sadura's Rash 7. *HârnManor*'s plague rolls its own, 1d6 for each outbreak. The rest are the Fellowship's (marked †), set by how readily each sickness passes: the grippe and the pox 2, the flux and the Red Death 3, consumption 5, the wasting sickness 7. *(Inkhorn)*

An example. A character of END 12 meets the grippe (CI 2): he tests against 24, and catches it on 25 or more, about three times in four. Meeting leprosy (CI 7), he tests against 84, and catches it only on 85 or more.

What changes it at the moment of exposure is in the table below. Lower is easier to catch.

Circumstance	CI
Malnourished, or living in squalor (Inkhorn, on *Household*)	−1
Starving (Inkhorn, on *Household*)	−2
Fleas or lice, against the Red Death and plague only (Inkhorn)	−1 more
Elmithra taken beforehand (*Potions*)	+3 first kind; +2 second
A mad beast's bite cleaned within END minutes (*Bats*)	2 becomes 3
Sardura's Sting caught in a Courtesans' Guild house (Inkhorn)	7 in place of 6

The Sicknesses

† marks the Fellowship's values; the rest are printed. Every symptom penalty is the Fellowship's. *(Inkhorn)*

Sickness	Caught (CI)	HR	Course	Penalty
Red Death (spotted fever)	3†	2†	daily	−30
Plague	3†; in the lungs 1†	1	daily	−30
Pox (smallpox)	2†	3†	daily	−30
Grippe (influenza)	2†	5	daily	−20
Common cold	2†	5†	daily	−10
Flux (dysentery)	3†	3†	daily	−20
Typhoid	4†	3†	daily	−20
Marsh fever	4†, each tenday in a summer marsh	4†	daily	−20
Bad meal	4†, each bad meal	5†	every 6 hours†	−20
Leprosy	7	4†	monthly†	−10
Consumption	5†	4†	weekly†	−10
Sardura's Sting	6† each encounter; 7† in a guild house	4†	monthly†	−10
The burning†	4† each encounter	5†	weekly†	−10
Wasting sickness	7†	3†	weekly†	−10
Yellow Wrack	5†	4†	daily	−20
Molkuran fevers	3†; natives 7†	3†	daily	−20
Yzug cough	2†; humans 6†	2†	daily	−30
Ratters' Yellows	4	3	daily	−20
Wreaker's Madness (rabies)	2; 3 if the bite is cleaned within END minutes	2	daily	−20
Lycanthropy	END × 1 per bite	—†	a curse†	—
Grave-rot	4	4	daily	−20
Gangrene	not caught	2†	daily	−30
Scratch of Dekejis	5†	4†	daily	−10
Rye-fire†	5†, once in a wet harvest year	3†	weekly†	−20
Scurvy	not caught	—	30 days, then death in 10d6 days	−20
Sadura's Rash (sent)	7	2	daily, −5 more each day	−10
Bognor's Infestation (fan)	3 or 1	3†	daily	—

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Where each comes from

Sickness	Book
Red Death	*Hârndex*; *Chybisa*; *Tharda*; *Rethem*
Plague	*HârnMaster*, Physician; *Potions* (Elmithra's two kinds)
Pox	*HârnMaster*, Character (medical traits); *Potions*
Grippe	*HârnMaster*, Physician
Common cold	*Household* (named)
Flux, typhoid, marsh fever, scurvy	*Pilots' Almanac*, Crew
Bad meal	*HârnMaster*, Campaign (named)
Leprosy	*HârnMaster*, Character
Consumption, gangrene, Scratch of Dekejis	*Potions* (named)
Sardura's Sting	*Hârndex*; *Chybisa*; *Hârnlore*; the name (Inkhorn)
The burning; rye-fire	Inkhorn
Wasting sickness	*Hârndex*; *Tharda*
Yellow Wrack	*Herblore* (uthwyll)
Molkuran fevers	*Lythia*
Yzug cough	*Gargun*; *Hârndex*
Ratters' Yellows	*Ratters*
Wreaker's Madness	*Bestiary*; *Bats*; *Ostlers*
Lycanthropy	*Lycanthropes*; *Hârnlore*
Grave-rot	*Bestiary* (grave-wight)
Sadura's Rash	*HârnMaster Religion*, Halea
Bognor's Infestation	the fan *Grand Grimoire*

The sicknesses of beasts (Inkhorn, on Ostlers' names)

- Farcy CI 2, H3; strangles CI 3, H4; damplung CI 5, H4; mud fever CI 6, H5; sleeping sickness CI 5, H2; worms CI 4, H5 weekly; murrain CI 2, H2; rabies as printed, CI 2, H2.
- Colic, founder, tying-up and lockjaw are not caught: H4, H4, H5 and H2.
- Murrain on the manor (*HârnManor*): half of one kind of beast; destroy and burn the herd, or lose a fifth of the pasture's yield.

Rulings and Where They Come From

Matter	Rule	From
Hârnic names	No Hârnic thing is named after a Terran place, person or book. Sardura's Sting (the Shiran sickness, the eastern canker); rye-fire; the leper house.	Inkhorn
Long courses	Leprosy and Sardura's Sting roll monthly; consumption, the wasting sickness and the burning weekly.	Inkhorn
Bed-sicknesses	Test once for each encounter with a common prostitute or an infected partner; a Courtesans' Guild house is one step easier (Sardura's Sting CI 7). See An Invitation to Tea.	Inkhorn
Conception	A fertile woman in the common trade without Baby-Can-Wait conceives about one month in five; with it daily, one in fifty.	Inkhorn, on *Potions*
Leprosy	H6 arrests it: the symptoms stop, the scars remain. H0 is death in 1d6 years.	Inkhorn
Lycanthropy	No Healing Rate and no Recovery Rolls: treat it as a curse.	Inkhorn, on *Lycanthropes*
Plague	Kept with the pox in Elmithra's second kind, as printed. The lung plague, CI 1 and H1, is optional.	Inkhorn, on *Potions*
Gangrene and lockjaw	Not caught. They arise when an infected wound (for lockjaw, a puncture) falls to H2.	Inkhorn
Squalor and hunger	−1 CI to every exposure when malnourished or in squalor; −2 when starving.	Inkhorn, on *Household*
Passage to Tirithor	Works on sickness as well as on an infected wound.	Inkhorn, on *HârnMaster Religion*
Nursing	+15 to the Recovery Roll when nursed at home; +30 in all with Peonian clergy or a good physician near. One healer sees to ten.	Inkhorn
Sindarin and Khuzdul	Sindarin are immune to human sickness and to infection; half-elves are not. Khuzdul shrug off 85% of outbreaks (Inkhorn).	*HârnMaster*, Character and Physician

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Matter	Rule	From
Rabies	A bite cleaned within END minutes is CI 3; it shows in END × 5 days.	*Bats*
Elmithra	+3 CI against the first kind, +2 against the second, for 1d6+6 months; taken after onset, a new resistance roll at +1 CI.	*Potions*
Heal-All	+1 HR to every wound and sickness once a day; a further dose is a Healing Roll (CS +1 HR, CF a shock roll).	*Potions*

Outbreaks in the Villages

For a campaign that follows its villages month by month. *(Inkhorn throughout, save where a book is named.)*

- **Chance of an outbreak in a village:** 0.45% a month from spring to autumn, 0.25% in winter; ×1.5 in towns; ×1.5 if malnourished, ×2.5 if starving.
- **Spread:** +3% when a nearby outbreak has five or more sick; +35% when a sick traveller, a player character above all, is present.
- **By season:** grippe, colds, the pox and typhoid in the cold months; the flux, typhoid and marsh fever in summer; the Red Death and the plague rarely.
- **Who is exposed:** 1d6 × 10% of households, as *HârnManor*'s plague. Each person tests CI × END with the squalor and hunger changes.
- **A plague that runs across a region** continues 60% a month (25% in winter); an infestation 50% (winter 30%).
- **Deaths in an ordinary year:** 3% at ages 1–4, 0.8% at 5–14, 0.6% at 15–44, 1.2% from 45 to degeneration, 2.5% after; ×1.4 malnourished, ×1.8 starving (×3 for the young and old). The cause follows the season: the flux in summer, coughs and chills in winter, marsh fever by rivers.
- **The books' own events still apply:** epidemic, death and illness, and the bad meal among a campaign's random events (*HârnMaster*, Campaign); *HârnManor*'s plague (CI 1d6, H 1d5).
- **At sea** (*Pilots' Almanac*): sickness aboard takes 1d6 crew, most likely just out of port and in hot seas; typhoid and the flux are the common killers.

Childbed and Age

Childbed (Inkhorn; the books have no rules)

- Born early 8% (twins 50%); stillborn 4% (×1.8 twins, ×2 born early, ×1.5 starving).
- The infant dies 8% in its first month (×3 born early, ×1.5 twins, ×2 if the mother dies), then 12% before a year.
- The mother dies 2% at a first birth, 1.2% otherwise; ×1.5 under 17 or at 35 or more, ×2 at 40 or more, ×2 twins, ×1.5 starving. Childbed fever 4%, tripling her danger; a fever death comes 3–12 days after.
- The midwife's Physician roll: CS halves the dangers, MS ×0.8, MF ×1.2, CF ×1.5.
- Miscarriage by age: 10–11% under 30, 15% to 35, 25% to 40, 51% to 45; ×1.3 malnourished, ×1.6 starving (Terran figures).
- Remedies against conception and for it (Baby-Can-Wait, Halea's Apple, Heir-in-a-Bottle, rasakile) are in An Invitation to Tea.

Age (HârnMaster, Character)

- Life expectancy 3d6+50 for men, 3d6+55 for women, ±5 for income and ±5 for way of life.
- Degeneration from life expectancy less 10: one pass of the ageing table each birthday.
- At 136 or more: heart attack or stroke, END × 3 or die. At 141 or more: a long sickness, death in 1d4 years.
- Poxmarks cost 1d3 Comeliness; worms, fleas and lice are common among the lower classes.

Cold, Heat, Hunger and Thirst

The Fellowship's reckoning, adapted from J. Patrick McDonald's fan rules, *Survival*. Roll it each watch for characters out of doors. *(Inkhorn throughout)*

Warmth

Warmth stacks. Core warmth is everything worn on the body, the cloak included. Head, hands, feet and face count only by whether they are covered.

Worn	Warmth
Light cloth (linen, silk)	1
Ordinary cloth (wool, serge, russet)	2

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Worn	Warmth
Heavy cloth (pelisson, fur-lined mantle, oiled-wool cloak)	4
Leather or kurbul	1
Quilt	3
Sheepskin or fur	4
Ring, mail, scale or plate	0

Wet (rain or snow, unsheltered): everything is soaked unless the outer garment is oiled. Soaked wool, fur and leather keep half their warmth, rounded down; linen, silk and quilt keep none. A watch by a fire or indoors dries them. Quality makes no difference; the Game Master may change any item.

Cold need each watch

Night watches use the night's temperature. Hot or warm 0, cool 1, cold 3, freezing 5; windy +1, a gale +2, a storm +3; rain, sleet, snow or thunder +1. A tent or lean-to −2 and no wind; a good fire −2; asleep under a bedroll or blankets, +2 core warmth; indoors, no roll.

Shortfall	State	Effect
0 or less	Comfortable	Cold fatigue falls a level a watch at rest.
1–2	Chilled	+½ FL for a watch of exertion.
3–4	Cold-struck	+1 FL for a watch of exertion; +1 FL resting outdoors.
5 or more	Freezing	As cold-struck, and a hypothermia roll every watch.

- **Hypothermia roll:** a shock roll. On a failure, senseless 2d6 minutes, then in shock until warmed for a watch indoors or by a fire. Also rolled at the end of a watch of exertion once fatigue is 3 or more. A physician treats it at 30, healing as H4.
- **Frostbite:** bare hands, feet or face are at risk whenever the character is not comfortable; covered ones only at a shortfall of 5 or more, less twice the covering's warmth. Impact 1d6, +1d6 for each step of wind above a breeze (none in a tent), less body heat: END ÷ 2 for the face, END ÷ 5 for hands and feet, halved once cold-struck. One frost wound to a place; worse frostbite makes it worse. Frost wounds heal as burns.

Impact	Wound
1–5	M1
6–10	S2
11–15	S3
16–20	G4
21 or more	G5

- **Heat:** in a hot watch, exertion with core warmth 5 or more, or in quilt, mail or plate, costs +½ FL, and a sunstroke roll (as hypothermia, cured by cooling) at the end of a watch of exertion once fatigue is 3 or more. Sunburn is left out.
- **Hunger:** −5 for each meal missed (two a day, dinner and supper), to −30, on Will and Morality rolls and the skills based on Will.
- **Thirst:** −5 for each watch without water (−10 hot or exerting), to −30, on Will, Morality and Intelligence rolls and the skills based on them. Neither touches physical skills.
- **Malnourished:** three days running with a meal missed, or on half rations. **Starving:** three days with no meal: −10 universal, and the sickness and death changes above. Either ends after three days of full meals.
- **Parched:** six watches without water: a shock roll every watch until he drinks. There are no injuries of starving or thirst.
- **Meals:** under a roof, aboard, or on a day that passes a settlement, meals are bought; in the wilds a pound of provisions or a ration is a meal. A waterskin lasts a day in dry country.
- **Beasts:** natural warmth: riding or war horse, mule and donkey 4; hardy or mountain breeds, ox and cow 6; dog 5; goat 5; sheep in fleece 8. A horse blanket +2, a caparison +1; a wet coat keeps half unless under an oiled sheet. No frostbite. A day without fodder or grazing: −10% travel; malnourished and starving as for people. Water as for people.
- **Ships:** a watch on deck is out of doors; below decks, indoors.

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Sleep, Drink, Vermin, Quarantine, Rye-Fire and Hard Winters

The books have no rule for any of these. *(Inkhorn throughout)*

- **Sleeplessness.** Each night without sleep costs +1 FL. From the second such night, each further night also gives −5 to Intelligence and Will rolls and the skills based on them, to −20. A full night's sleep clears one night's loss.
- **Drink.** A character drinks END ÷ 3, rounded down, pints of strong ale or goblets of wine in a watch freely; small beer counts half, brandy double. Each drink beyond gives −5 to Intelligence, Agility and Will rolls and the skills based on them, to −30. On reaching −30, a shock roll: a failure passes out. The penalty wears off at 5 a watch. A night at −10 or worse brings a hangover: −5 universal until noon.
- **Vermin.** Fleas or lice give −1 CI against the Red Death and the plague, on top of squalor's −1. Every household in squalor carries them; others only by the Game Master's word or the Parasites trait (*HârnMaster*, Character).
- **Quarantine.** A town or port the Game Master marks as shut against a sickness halves the spread of plague along its roads and sea lanes. While it stays shut, its prices rise 15%, and the rest of its realm's 8%.
- **Rye-fire.** In a wet harvest year (a wet summer, or rain at harvest), each of the poorest households in rye country (half-villeins, cottars, labourers, slaves and thralls: about one household in four) tests once at CI 5 against its head's END; a struck household's eaters each take it. Rye country is northern Hârn, the uplands and Ivinia; the wheat country of central, eastern and south-western Hârn and Lythia does not test. Run it as H3, weekly, −20: burning and then numb limbs, fits, visions; at H2, gangrene of the hands or feet. In a wet year it kills about one in sixteen of rye country. Good for visions, dancing fits and witch hunts.
- **Hard winters.** In a winter month with seven or more freezing days in an area, deaths among the old (past degeneration) and in hovel or squalor households are ×1.3 that month, on top of hunger's.

Venoms, Poisons, Moulds and Drowning

- **Venom** (Inkhorn, on *Snakes*): a bite is a wound and a venom. Test HR × END, plus a physician's skill, at once and at each step of its course (at rest; half as often when active, a quarter when vigorous). A falling HR spreads it to the next locations. Adders: a B1 bleeder and M1 at each location reached. Asps: paralysis, and the warning of a stopping breath. H0 is death; at H6 it is spent. Khalmet's Theriac is for snakes only (*Potions*). Fish: weever H4 with a shock roll, stingray H4, spurdog H5, octopus H5 (great octopus H4), lion's mane H5 and man o' war H4 as burns; hot water halves the interval.
- **Poison:** the book's routine, above.
- **Slimes and moulds** (*Z'hura*, with Inkhorn additions): acid and ooze burns read on the Injury Table at their impact less any protection against fire. Lurishi (yellow mould) by its printed course: cauterise, cut out or cut off; in the lungs, prayer only. Its boil browns in 1d6 hours and bursts 1d6 hours later. Homura: a deep sleep, death at an hour and 1d60 minutes, saved by vomiting within 10 minutes on a Physician MS or CS.
- **Drowning:** the book's Swimming (*HârnMaster*, Skills). No change.

Sources and Additions

This section is set down plainly. The Fellowship's additions are marked † or *(Inkhorn)* above.

Published sources (Columbia Games)

- *HârnMaster*, third edition: Physician (treatment, the Infection/Disease table, diseases, poisons); Character (medical traits, parasites, ageing); Campaign (random events); Skills (Swimming).
- *HârnManor* (plague and livestock events); *Household* (food and keeping); *Pilots' Almanac* (disease at sea, scurvy).

- *HârnMaster Religion*; *Potions*; *Herblore*; the *Bestiary*; *Bats*; *Ratters*; *Ostlers*; *Lycanthropes*; *Snakes*; *Z'hura*; *Gargun*; *Hârnlore*; the *Hârndex*; *Tharda*; *Chybisa*; *Rethem*; *Lythia*.

Fan sources

- J. Patrick McDonald, *Survival* (2003), for cold, heat, hunger and thirst.
- The *Grand Grimoire*, for Bognor's Infestation.

Terran sources, by Lesli of Bifel

- A.-M. Nybo Andersen and others, "Maternal age and fetal loss", *British Medical Journal* 320 (2000): the miscarriage figures.
- The Terran histories behind vermin, quarantine and rye-fire are listed in Bad Air and Good Broth.

The Fellowship's additions

- Every value marked †, every symptom penalty, and every rule marked (Inkhorn): the long courses, the bed-sicknesses and conception, outbreaks and deaths in the villages, childbed, the reckoning of cold, heat, hunger and thirst, sleep, drink, vermin, quarantine, rye-fire and hard winters.

Glossary

The game's words used in this kit, with how they are said in the International Phonetic Alphabet, in the British vowels the Fellowship uses in every glossary. The words of Hârn are in Bad Air and Good Broth's own glossary.

chilled, cold-struck, freezing /tʃɪld/, /ˈkəʊld strʌk/, /ˈfriːzɪŋ/ The cold states, at a shortfall of 1–2, 3–4 and 5 or more.

CI (Contagion Index) /ˌkɒntəˈdʒəʊn ˈɪndeks/ How readily a sickness is caught: 1 (very readily) to 7 (barely). The exposure test is CI × END.

cold need /kəʊld niːd/ The core warmth a watch's weather demands.

core warmth /kɔː wɔːmθ/ The summed warmth of everything worn on the body, the cloak included.

course /kɔːs/ How often a sickness's Recovery Roll is made: every 6 hours, daily, weekly or monthly.

CS, MS, MF, CF Critical success, marginal success, marginal failure, critical failure.

degeneration /dɪˌdʒenəˈreɪʃn/ The ageing stage from life expectancy less 10, rolled each birthday on the ageing table.

END /end/ Endurance, the attribute nearly every test of health uses.

FL (fatigue level) /fəˈtiːg ˈlevl/ A step of fatigue, each adding to the Universal Penalty.

H0, H6 Death and recovery on the Infection/Disease table.

hangover /ˈhæŋəʊvə/ −5 universal until noon after a night at −10 or worse from drink.

hard winter /hɑːd ˈwɪntə/ A winter month with seven or more freezing days: deaths of the old and of the squalid ×1.3.

HR (Healing Rate) /ˈhiːlɪŋ reɪt/ How hard a sickness bites: H1 (plague) to H5 (grippe). The Recovery Roll is HR × END.

hypothermia roll /ˌhaɪpəʊˈθɜːmiə rəʊl/ A shock roll for one too cold.

Infection/Disease table /ɪnˈfekʃn dɪˈziːz ˈteɪbl/ The table that moves HR up or down by the level of success.

malnourished, starving /ˌmælˈnʌrɪʃt/, /ˈstɑːvɪŋ/ Three days running with a meal missed; three days with none.

parched /pɑːtʃt/ A day without water: a shock roll every watch until he drinks.

Recovery Roll /rɪˈkʌvəri rəʊl/ The roll of HR × END at each step of a sickness's course.

shock roll /ʃɒk rəʊl/ 3d6 against END; a failure is a swoon.

shortfall /ˈʃɔːtfɔːl/ Cold need less core warmth.

sleep debt /sliːp det/ +1 FL a night without sleep; from the second night, −5 to Intelligence and Will a night, to −20.

squalor /ˈskwɒlə/ A hovel or slum household: −1 CI to every exposure, and vermin besides.

sunstroke roll /ˈsʌnstrəʊk rəʊl/ The hypothermia roll's twin, for heat.

symptom penalty /ˈsɪmptəm ˈpenḷti/ The penalty a sickness gives physical skills while it runs.

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Universal Penalty (UP) /ˌjuːnɪˈvɜːsl̩ ˈpenl̩ti/ The penalty from injury, fatigue and encumbrance that applies to every roll.

vermin /ˈvɜːmɪn/ Fleas and lice: −1 CI against the Red Death and plague; every squalor household has them.

watch /wɒtʃ/ Four hours. Hardship is reckoned by the watch.

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