



## Medicine

"In men, all diseases are caused by bile and phlegm. Bile and phlegm give rise to diseases when they become too dry or too wet or too hot or too cold in the body."

- Hippocrates, Affections

### Historical Academic Medicine

This section provides some historical information about actual academic and practical medical technology in the Europe in the Middle Ages. Following sections detail the use of such data within Cinis. GMs should certainly feel free to diverge from this system of medicine if they so choose, but the methods below should still be of some small interest to the curious.

The authors of Cinis do not endorse the following views as the truth. These methodologies are, nonetheless, very interesting and could be usefully integrated into a game.

### Humours

The four basic humours are wet, dry, hot, and cold. These humours rule the human body; when one humour becomes unbalanced in proportion to the others, bodily sickness ensues. By restoring the balance of the humours, the body may be healed. Men are primarily hot and dry, while women are cold and wet as they are subject to menstruation, reflecting their excess wetness.

The humours reflect mental dispositions as well as their bodily characteristics, and thus one may refer to melancholic, phlegmatic, choleric, and sanguine persons. Melancholic persons, having an excess of black bile, are prone to sullenness and outbreaks of rage. An overabundance of phlegm causes sluggishness, apathy, and evenness of temper. Choleric personalities are due to an excess of yellow bile, which causes anger and general bad temperedness. Sanguine persons have too much blood, which results in a passionate personality.

The four humours may be altered by any of six main methods available to the doctor. The medical practitioner may alter a patient's air, food and drink, excretion, exercise, sleep, and emotions in order to restore the delicate balance of the humours. The administration of medicine counts as an alteration of food or drink, and thus can have a positive effect, although more common techniques involve the manipulation of exercise and sleep.

Exactly which humour is lacking or in excess is generally determined by the symptoms of the ailment. In many cases, the physician must decide which of the symptoms is most relevant to a disorder, and therefore diagnosis is extremely important to doctors.

Academic medicine also relies on the reading of signs, omens, and magically numbered days. Recovery is possible on certain numerologically magical days after the disease has appeared. Diseases are thought to attack

cyclically until death or recovery. Divination is important to the physician as such techniques as astrology and numerology give clues as to what days will be critical in the course of a disease. Astrology will reveal which days tend to be maleficent or beneficial to the patient.

### Altering the Humours

As a patient becomes ill due to either a deficiency or excess in one or more humors, the doctor should attempt to correct the humours to their natural and healthy levels. Treatments therefore strive to either add more of a diminished humour to the body or purge a humor found in excess. For example, if a patient has a fever, obviously demonstrating the presence of too much of the hot humour, the physician may make one of two choices; the physician may use a medicine of the cold humour to correct the imbalance or may prescribe a medicine that causes the heat to be released thus purging it from the body.

Phlebotomy, or bleedings, are one common method of purging excess blood. In phlebotomy, the physician opens or punctures a vein. Instead, leeches may be applied if available.

**Herbal Healing and Academic Medicine**

Academic physicians and herbal healers both enjoy approximately the same amount of success. Herbal healing and academic medicine have extremely different methodologies, however, and characters should choose one of these two skills. Only in rare circumstances should a GM allow the development of both skills.

Practitioners of academic medicine adhere closely to the view of humours presented earlier in the chapter. Normally situated in cities, these doctors are exposed to a wider variety of diseases than herbal healers who normally inhabit isolated or rural locales. Academics have much greater access to literature and historical sources than their counterparts, and should have a greater chance of diagnosis than herbalists.

Herbal healers, however, have much better access to fresh magical herbs and medicinal herbs. To reflect this, in Cinis their treatments may work slightly better than academic doctors because they may immediately prepare medicines instead of wasting days seeking out the ingredients.

**Table 30: Herbal Healing**

Problem	Diagnosis	Treatment
Set Broken Bone	Easy	Moderate
Bubonic Plague	Tricky	Practically Impossible
Cholera	Tricky	Very Difficult
Clean and Bind Wound	NA	Tricky
Leprosy	Complex	Impossible

Both academics and herbalists use bleeding, diet alteration, numerology, and even exorcism to cure patients; both professions are mystically entrenched. Herbal healers, however, may be more mystically and religiously inclined. This is not a rule, but more of a general guideline.

Practical medicine may be learned and practiced by both types of doctors, although academics look down upon surgery. A low level of practical medicine is included in both academic and herbal healing skills; both types of physicians can set broken bones, clean wounds, etc. Tasks more complicated than these require the practical medicine skill.

The tables in this section represent some sample difficulties of diagnosis and treatment within various

professions.

**Table 31: Academic Medicine**

Problem	Diagnosis	Treatment
Set Broken Bone	Easy	Moderate
Bubonic Plague	Moderate	Practically Impossible
Cholera	Moderate	Very Difficult
Clean and Bind Wound	NA	Tricky
Leprosy	Moderate	Impossible

**Practical Medicine and Surgery**

The field surgeon is held in low esteem by learned academic physicians as they practice a "common art," available to barbers and all the worst sorts of rabble. As advanced anesthetics have not been invented, the surgeon's task must often be performed as quickly as possible. Also, as blood transfusions cannot be performed, blood loss during surgery is a serious threat to the patient's life.

The Practical Medicine skill in Cinis is a broad category; everything from field surgery to applying poultices and removing teeth falls under its jurisdiction. GMs should those characters with low Practical Medicine skills as knowing first aid, while only those with higher ranks can even contemplate surgery.

Broken bones and fractures may be treated by setting the limb in an appropriate manner. These injuries normally heal in months without any permanent side-effects.

An open wound is first washed with wine. The wound may then either be sewn shut or left to heal on its own. In either case, the wound will likely be bandaged to reduce the chance of infection.

Wounds of the abdomen that rupture or pierce the intestines are usually fatal. These injuries result in terrible infections, and the wound's recipient may languish unhappily for days or weeks before death.

**Table 32: Practical Medicine**

Problem	Diagnosis	Treatment
Set Broken Bone	Easy	Easy
Bubonic Plague	Tricky	Impossible
Cholera	Tricky	Practically Impossible
Clean and Bind Wound	NA	Easy
Leprosy	Complex	Impossible

Cauterization is not unknown. The application of heat to a bleeding wound reduces bleeding as the blood vessels



are sealed. Obviously unpleasant for the recipient of such a procedure, cauterization nevertheless works very effectively in preventing fatal blood loss from some region of the body.

With surgery dealing with internal organs, add one to the surgery rank per two ranks in L/W: Anatomy.

Amputation represents the most desperate tool in the arsenal of the surgeon. Performed with incredible rapidity, limbs are amputated to prevent the spread of an infection, gangrene, or to remove the remains of a hopelessly mangled limb. Infection may result from such an operation due to poor standards of hygiene, but often the patient has a better chance of surviving after an amputation. Unfortunately, amputation also may cut one's active career short.

### Bloodloss Reduction

The most common use for practical medicine is bloodloss reduction. Methods for reducing bloodloss are summarized on a table below. Note that this table also appears elsewhere for convenience.

**Table 33: Bloodloss Reduction**

Method	Reduction of BPs	Notes
Natural	2 per hour	
Pressure -		
Victim Still	1	
Victim Moving	1/2	
Tourniquet	3	The bandage must be loosened every hour to prevent the limb from dying. The victim loses 2 BPs each time.
Cauterization	4	The victim must make a Shock/Stun resistance roll or pass out. Movement within a day has a 50% chance of reopening the wound.

### Example of Bloodloss Reduction

Alla has been injured in a fight. She has sustained three wounds that are bleeding. She loses Blood Points from the first wound, on her arm, at the rate of 3 per round, from the second wound, on her leg, at the rate of 1 per round, and from the third wound, on her abdomen, at the rate of 1/2 per round. She has 12 BPs remaining after the combat, and, wishing to live, decides that some bloodloss prevention measures are needed.

Alla knows that she will gradually stop bleeding

naturally. Still, she decides to apply a tourniquet to her injured arm. This will stop all bleeding from the arm, but will render it immobile.

Now, she applies a tight bandage to the second wound. This will reduce bloodflow by 1 per round as she decides not to move, therefore stopping all bloodloss from this wound.

To stop all bleeding from the third wound, she again applies a tight bandage. Alla now loses no BPs each round, although she cannot move.

After one hour, Alla must loosen the tourniquet or allow her arm to die. She, wisely, loosens the tourniquet and immediately loses 2 BPs. Her other wounds have stopped bleeding naturally; each wound stops bleeding at a rate of 2 per hour.

Alla in fact removes the tourniquet at this point and applies a tight bandage to her arm. This is possible because her first wound now only bleeds at 1 BP per round.

### Blood Point Recovery

BPs are regenerated fairly rapidly. The CON ability determines the rate of regeneration. Refer to the table below to find the number of BPs recovered per day.

**Table 34: BP Regeneration Per Day**

CON	BPs
below 0	2
0-12	3
13-20	4
21-37	5
28-35	6
36+	7

Note that age affects blood point recovery; half the number of BPs recovered per day for every 20 years of age beyond 20. So, a 40 year old character with a 29 CON would regain 3 BPs per day (1/2 of 6 BPs).

### Fighting Class Recovery

With most blows death with in combat are associated Class penalties which lower the sufferer's chances to do anything from fighting to picking locks successfully. The class penalty is, of course, negated through healing.

Record each loss of class with the wound associated with it. After one day, a character can make a Resistance Roll. If this is done successfully, the character regains 1/2 lost Classes from this wound. Otherwise the following day the character can try again, etc.

The other classes lost are regained when the wound is almost healed, as described under doctoring, above.

Note that a wound may not begin to heal until the

first half classes are regained.

*Sallaporia has suffered a severe cut on her arm which, at the time dealt, gave her -5 Classes. At the end of the day she made a Resistance Roll, reducing the penalty to -3. In four days the wound had healed, so she regained all of her lost classes.*

### Recovering from Nicks and Fatigue

Damage can also be sustained in combat due to fatigue and general battering. A character's fighting abilities lost from this form of damage are restored at +3 Classes per day. Reduce this value to +1 Class per day if sleep conditions are abnormal. This natural healing may be further increased if the victim passes a normal CON check. In this case, add +1 to the Classes restored.

### Injury Explanations

On the Damage Tables beginning on page 129 refers to many injuries. The following pages detail what these injuries are in more precise terms along with providing some guidelines on healing times and incapacitating effects.

### Agonizing Injuries

These injuries are such that the victim is rendered immobile due to the intense pain of moving an injury and is therefore unable to fight. The injured party may be moved with the aid of others.

### Bleeding

Various wounds bleed at different rates, as specified on the Critical Tables. Human beings and most humanoids have 20 Blood Points. See the Bleeding Rules on Table , "Bleeding," on page 129 for more information.

### Bone, Broken

A more severe version of the fracture, the bone is entirely broken. The bone may be broken in several places, but the damage is such that the limb will eventually heal. Strenuous activity increases the chance that the limb will be stiff even when healed. Broken bones take two months to heal properly.

Persons with broken bones cannot use the limb at full effectiveness until healed, and the limb is usually splinted or in a sling. Those with broken legs may not walk without crutches or a cane, and those with broken arms will have serious trouble attempting anything that usually requires two hands. Finally, those with broken ribs must have their torsos bound firmly, and hence cannot inhale deeply or move easily. Broken necks and backs are usually fatal instantly, although in the case of a broken back paralysis may ensue instead. Broken skulls heal if the break is small but are fatal if the wound is larger.

### Bone, Fractured

A crack or similar injury to the bone usually caused by the impact of bludgeoning weapons. The bone will heal if tended with care. Fractures heal within two months.

Those with fractured bones should normally take the same precautions outlined above for those with broken bones.

### Bruises

Assorted colored spots created by crushed internal bloodvessels, bruises are merely an unattractive annoyance. Bruises take between days and weeks to heal, depending upon their severity, as ruled by the GM.

### Concussion

Produced by a blow to the head, concussions can result in unconsciousness. The recipient has a 10% chance of unconsciousness, and a 10% chance of temporary amnesia.

**Decapitation**

The separation of the head from the rest of the body, normally by the severance of the neck. Sadly, this injury tends to result in almost immediate death.

**Destroyed Limb**

Occasionally a limb will receive so much damage that it will be unusable even when healed. This permanent effect could be due to destroyed joints, crippling breakage of bones, or the loss of ligaments and tendons, as decided by the GM. Destroyed limbs will hang limply once healed.

**Eye Lost**

This self-explanatory injury results in blindness in one eye. There is a 60% chance that the eye requires removal by a surgeon unless the injured party wishes to risk death.

**Gaping Wound with Broken Bones and Severed Muscles**

This revolting damage, caused by axes and related weapons, results in the limb being immobilized. The limb hangs uselessly until set, causing its owner great pain. There is a 60% chance that the limb will not heal properly, resulting in either a loss of mobility, strength, or flexibility.

**Infection**

Infection often represents the greatest threat to a wounded individual. All punctures and slash/punctures have a 30% chance of becoming infected, while chop wounds have a 20% chance of infection. Slashes and bludgeones, due to the fact that they often do not deeply break the skin and expose much tissue to infection only have a 5% chance of infection.

Many infections in the era of Medieval medicine would result in death. In the interests of a playable game system, however, the GM should probably opt to make infections fatal perhaps but 10% of the time, with other infections representing minor annoyance and increased healing times. Otherwise, the GM may choose to ignore infection rules entirely.

**Minor Abrasions**

This wound is entirely superficial, and will disappear within two to six days.

**Punctures**

These injuries are created by stabbing weapons. As the holes created by such devices tend to be fairly deep and may hit internal organs or major arteries, these wounds often result in severe bloodloss and infection. See the infection rules above.

**Removed or Partially Removed Appendage**

Depending upon the area of the body struck, the appendage is either severely damaged and dangling by

muscle and other tissue, or simply hewn off.

**Scratch**

This minor injury results in slight bloodloss. This scratch will likely heal without leaving a noticeable scar.

