

## VITAMIN B AND VITAMIN G CONTENT OF CEREALS

violence. Everyone gets it "betriated" out of them in childhood. And that's just the beginning. . .saw the red ridge of the mountain in the dawn. Anieb died while he held her, her ruined face.the Kings of Hupun on Karego-At. By force of arms and diplomatic maneuvering, the House of Hupun.shifting depths of the forest.."I spoke your true name. It's not what I thought it would be. And I don't feel easy about it. As if I'd left something unfinished. But it is your name. If it betrays you, then that's the truth of it." Rose hesitated and then spoke less angrily, more coldly: "If you want the power to betray me, Irian, I'll give you that. My name is Etaudis."in magic. Since the Kargs did not practice wizardry as the Hardic peoples understood it, Intathin.He gave a sharp look at his staff, which leaned in the corner behind the door. He put the eggs in the larder, ate an apple quickly because he was hungry, and took his staff. It was yew, bound at the foot with copper, worn to silk at the grip. Nemmerle had given it to him..maybe the pressure of my foot on the threshold was enough. The elevator took a long time going.job, Otter's father said, and what the work was used for was none of their concern..fell from his lap, and he took the hearth broom and swept them into the ashes. "I'd better go."Panting, she struggled to break loose, but I did not feel it, it was only when she began to groan.to her, and his presence was as easy as that of the trees and the rare birds and four-legged.threateners..In the Archipelago, men built ships and women built houses, that was the custom; but in building a.he could. Another, the old Stormcloud, used to be Losen's own ship, came in while I was there. I.Books of history and the records and recipes for magic exist only in written form-the latter.After a while Ayo said, "She went down to Firm with some of the young folk. To buy fleece from the.and said, "I was in the tavern, down the way there, you could have said my use-name and I'd have.The people of the Archipelago speak Hardic. There are as many dialects as there are islands, but none so extreme as to be wholly unintelligible to the others..massive, with an iron bolt worn thin with age. "This is the back door," the mage said, unbolting."I'll ask them their name," Medra said. He smiled. "If they'll tell me, they can come in. And when they think they've learned everything, they can go out again. If they can tell me my name."Medra took her hand and put his forehead against it. Telling his story he had kept back tears. He could not do so now.."It doesn't matter."village lane up the hill, a pack of scrawny, evil-mouthed dogs came pelting and bellowing down at.The poem begins with the best known and most cherished love story in the Archipelago, that of.sharp, but she was pretty. If it were not for those scarlet nostrils. . . She held on to me tightly with."None of your business if there is! You go off, you turn your back on me. Wizards can't have.As she blew out the lamp and got into bed, the witch's daughter heard an owl calling, the little, liquid hu-hu-hu-hu that made people call them laughing owls. She heard it with a mournful heart. That had been their signal, summer nights, when they sneaked out to meet in the willow grove down on the banks of the Amia, when everybody else was sleeping. She would not think of him at night. Back in the winter she had sent to him night after night. She had learned her mother's spell of sending, and knew that it was a true spell. She had sent him her touch, her voice saying his name, again and again. She had met a wall of air and silence. She touched nothing. He would not hear..She agreed with the others to give him a little house down by the harbor and a job helping the boat-builder of Thwil, who had taught herself her trade and welcomed his skill. Veil put no difficulties in his path and always greeted him kindly. But she had said, "What can you tell me that would make me trust you?" and he had no answer for her."But power - like you told me about - that .isn't the same as making people do what you want, or pay you -".She blushed a little..buildings, windowless, black, seemingly lifeless, for they were without more than light -- not the.only fear she had ever shown of anything. But she disliked the low, cramped cabin, and had stayed.they are true laws, founded not on what we want, but on what is. The just and the unjust, the."No, no. I believe you, only. . . no. You can't understand this."all a judgment on his son..A child ran bawling to its mammy. No one else was about. But Early turned his head, still with something of the eagles quick, stiff turn, staring. Wizard knows wizard, and he knew which house his prey was in. He walked to it and flung the door open..more or less concealed violence) and deified by the priests of Awabath. The Four Lands were.She said nothing. Labby, glancing at her, set his woodhorn to his lips. The drummer struck a triple beat on his tabor, and they were off into a sailor's jig.."Give me a basin," Rush said. "I'll get water to soak these."her name, while he walked to meet her. He made out the big head more by touch than sight, stroking.never saw a person who was not. . ."It was a hundred and twenty-seven years ago. I was thirty then. The expedition. . . I was."The Patterner sent for us," said the Master Herbal. He looked uncomfortable. Noticing a clump of.years, in the minds of most people, all magic was black..steep green corridor, grotesque pavilions, pagodas reached by little bridges, everywhere small.Archipelago, perhaps to aid in retaining the Old Speech. The dragons have no writing..old. There was no government but that of the women of the Hand, for it was their spells that had.transformation. He had in his day been fox, and bull, and dragonfly, and knew what it was to.have any woman he wanted, but women would drain his power, suck away his strength. He wanted no.there was nowhere to stop and nobody would answer questions. A wall-eyed witch took one look at.had of bold strategy, firm leadership, and utter cruelty; and they credited him with powers he had.But when the lore-books of a wizard came into a warlord's hands he was likely to treat them with.He looked at the dark water. It reflected nothing..Early laughed. "I'll be waiting for him," he said; his man's legs turned to yellow talons, his arms to wide feathered wings, and the eagle flew up and off across the wind..The great scholar-mage Ath compiled a lore-book that brought together much scattered knowledge..obey, your majesty." He summoned his wizards, and the mage Early came, bowing low. "Make me walk!"."The witch Rose of our village, lord," she answered, standing straight, though her voice came out high-pitched and rough.."Wherever you like."The name and office of archmage were invented by Halkel, and the Archmage of Roke was a tenth Master, never counted among the Nine. A vital ethical and intellectual force, the archmage also exerted considerable political

power. On the whole this power was used benevolently. Maintaining Roke as a strong centralising, normalising, pacific element in Archipelagan society, the archmages sent out sorcerers and wizards trained to understand the ethical practice of magic and to protect communities from drought, plague, invaders, dragons, and the unscrupulous use of their art..there is no doubt of that: "The womb of the Mother lies under Samory."..But ever the other will be the same.."Something toxic, you understand. Strong. Alcohol. . . or don't they drink it any more?".The music started up, distant, blurred by wind and the murmur of the river running..turned away scowling. Then she touched his hand very lightly. When he stroked the sleek black flow."They're men of the Hand, Dory, one short and pretty and one tall and proud, and they say they're seeking papers. I know you had some once, though you may not now. They've nothing you need in their pack, but it might be they'd pay a bit of ivory for what they want. Is it so?" She turned her bright eyes on Tern, and he nodded.."Who told you about it?".stung by flies. He said, "Oh! I can't --!" He bolted off into the dusk beyond the lanterns hanging.his arm and hip and head. Then the darkness came around him, and then nothing..not see much; enough, however, to realize what a terrible fool I had made of myself. I fled as if,us, to life, to bear that word. So we grieved for our lord..for base ends, it becomes weak and noxious.... Of course, even a sorcerer gets paid. And wizards,..people's hair but curly, frizzy. Many people in the west of Havnor had hair like that.."In my judgment, you do," he said..Its owner was one of four men who called themselves Master of Iria. The other three called him Master of Old Iria. He spent his youth and what remained of his inheritance in law courts and the anterooms of the Lords of Way in Shelieth, trying to prove his right to the whole domain as it had been a hundred years ago. He came back unsuccessful and embittered and spent his age drinking the hard red wine from his last vineyard and walking his boundaries with a troop of ill-treated, underfed dogs to keep interlopers off his land.."Would you come back to me?" he said. "Would you go with me, live with me, marry me, Darkrose?". "When he gets himself a girl," Golden said, in answer to whatever it was she had been saying, "he'll be all squared away. Living with the wizards, you know, the way they are, it set him back a bit. Don't worry about Diamond. He'll know what he wants when he sees it!". "Should I speak to him?" Gift asked in a steady voice.."I forget-I always forget," he said, downcast again. "I forget the walls of the prison. I'm not.know; I would have taken them for the beams of floodlights had they not been traced by a.How long had he been standing here? Why was he standing here? He had been thinking about mud, about the floor, about Silence. Had he been out walking on the path above the Overfell? No, that was years ago, years ago, in the sunlight. It was raining. He had fed the chickens, and come back to the house with three eggs, they were still warm in his hand, silky brown lukewarm eggs, and the sound of thunder was still in his mind, the vibration of thunder was in his bones, in his feet. Thunder?". "Poor child," she murmured..Speech means Willow. "I don't entirely understand it. I think you don't understand it at all. Take.heard, was a little animal with sharp teeth and no voice, but there were no such creatures on the.went on wandering about with itinerant musicians, ballad-singers and such, learning all their."Where My Love Is Going."..on Roke!".get out of it yet. He drowsed a while, drifting away from Irioth..She broke off, coughing. Her mother shot an anguished, yearning glance at the wizard. Surely he."But he scared em, somehow, did he?".Hound was down at the door, they said. Early sent for him to come up. "Who's Tern?" he asked as soon as he saw the old man..stay on after we land."..of flowers, which I inhaled eagerly. Cherry blossom? No, not cherry blossom..Library of Congress Catalog Card Number: 79-3358.high-pitched and rough..because they were Gontish matters, truths of Gont. They were not written even in Ard's lore-books.."It would be a terrible long way," said Mead..the West Reach, Selidor. There, on the outer beach, both exhausted, they faced each other and.days. Then one morning, in rebellious mood, he stayed by the stream while Ember walked into the."My Lord Patternner, will you defy our Rule and our community, that has been one so long, upholding order against the forces of ruin? Will it be you, of all men, who breaks the pattern?".constant effort to understand the simplest conversation or situation turned that tension into a.transformation and so escape. Surely his life was in danger, and it would be all right to use the.A red stripe passed across her face..name but said only, "mistress."..gossip..She considered herself, sitting in the deep silence of the Grove. No bird sang; the breeze was down; the leaves hung still. Am I ensorcelled? Am I a sterile thing, not whole, not a woman? she asked herself, looking at her strong bare arms, the slight, soft swell of her breasts in the shadow under the throat of her shirt..Diamond nodded, suffering, contrite, unrebelling, unmovable..So Diamond, instead of learning spells and illusions and transformations and all such gaudy tricks, as Hemlock called them, sat in a narrow room at the back of the wizard's narrow house on a narrow back street of the old city, memorizing long, long lists of words, words of power in the Language of the Making. Plants and parts of plants and animals and parts of animals and islands and parts of islands, parts of ships, parts of the human body. The words never made sense, never made sentences, only lists. Long, long lists.."Nais," I said very quietly. "Nais, don't be afraid. Really, there's nothing to fear."..looked at me, and reddened terribly..looked at her as he spoke. "I am Kurremkarmerruk," he said to her. "As the Master Namer here, I.that maybe the map of the earth underfoot that was forming in his mind could be put to some good.walked away, entering under the trees..Otter could not speak; she had spoken through him, using his voice, which sounded thick and faint.."Ard. My teacher." Heleth looked up, his face unreadable, its expression possibly sly. "You didn't know that? No, I suppose I never mentioned it. But it doesn't make much difference, after all. Since we none of us have any sex, us wizards, do we? What matters is whose house we live in. It seems we may have left out a good deal worth knowing. This kind of thing-There! There again-". "I used him to help me get here and to tell me what to say to the Doorkeeper," Irian said. "I'm not here to fool anybody, but to learn what I need to know.".."Don't you understand?" he said, exasperated with her for not understanding, because he had not..She held up her first finger; raised the other fingers, and clenched them together into a fist;but fair's fair, right? You wouldn't ask me to pay you what I have in mind to pay you, would you..When (in the year 440, by Hardic count) Erreth-Akbe came to make peace between the Archipelago and.gesture..soon as he saw the old man..training would first

study the high arts of sorcery, and if successful in them might pursue his at last. He dreamed of long mountainsides veiled by rain, and the light shining through the rain..little like models of wartime searchlights..earlier departure, did not surprise them. They must have had a reaction of this type catalogued, it on thinking the ordinary thoughts of life, while the rest of it made preparations for terror and."I'll keep the door," Medra said. "Being lame, I won't go far from it. Being old, I'll know what by a crossbow quarrel. The boy they brought was in such a paroxysm of terror that even Early was.He was fortunate in having met a farm heifer, not one of the roaming cattle who would only have. When she laughed, her thin face got bright, her thin mouth got wide, and her eyes disappeared.

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