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# Loss and Damage

Magic Arcana  
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You know from cards like **Worship** that damage is not exactly the same in **Magic** as losing life. At 1 life with **Worship** and a durable creature in play, you know to fear no **Shocks** to the face or enemy **Grizzly Bears** on the rampage (thanks, classic example cards!).

But damage and loss of life are related. Any time you take damage, you lose life -- a rule that matters in several situations, and for a couple of cards in particular that care about amounts of life lost.



The ability of **Children of Korlis**, from *Time Spiral*, allows you to recoup a bunch of lost life -- and it doesn't specify "damage" you've taken this turn. It *implies* that it works for damage you've taken by its wording (and that reminder text helps). It would be quite a different card if it only worked for cards like **Soul Feast!**

That "damage causes loss of life" reminder text has appeared on only one other card. It's another card that would function very differently if it only cared about non-damage life loss.



This floating metal coffin from *Darksteel* effectively turns your permanents into a pseudo-life total, triggering whenever you lose life. But damage causes loss of life, so you can't ignore those **Shocks** and rampaging **Grizzly Bears** with the Tomb in play -- sorry, Lich fans!

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