



Every one should take a tonic in the Spring; our systems require it. The change in the seasons produces a like change in our-bodies, and more is required of the blood, from which source we receive physical nourishment and strength, at this particular time than at any other. Almost every one feels bad in the Spring. Some have no partic-

ular sickness, but are debilitated, run-down and weak, and their systems are in a general state of disorder. This deranged condition of the health is due to weak, anaemic blood; the circulation is infected the health is due to weak, anaemic blood; the circulation is infected with impurities which have diminished its natural nourishing powers, and the body is suffering from deficient blood nutriment. The refuse and impurities which naturally accumulate in our systems are not properly expelled in Winter, because those members whose duty it is to perform this work of drainage do not receive sufficient stimulation from outdoor exercise, and therefore grow dull and sluggish in their action; nor is the skin as active in eliminating waste maters in cold weather because the pores are not so open as in warm seasons. These Winter accumulations pollute the blood and largely destroy its nutritive qualities, and when Spring comes, and everything takes on new life, and we change our method of living, the circulation is so weakened that it is unable to supply the increased demands of the

weakened that it is unable to supply the increased demands of the system. Then we suffer from weakness, nervousness, loss of appetite, lassitude, etc. There is a constant worn-out feeling, sleep is not refreshing, and we do not feel able to perform the ordinary duties of daily life. This disordered condition demands the use of a tonic, and it should be one which has the additional qualities of a first class blood purifier, for to restore health and strength the blood must be pure.

and the method of combining and preparing them so that they build up and strengthen every portion of the body, make it the best of all Spring tonics. S. S. S. is Nature's medicine, free from strong mineral mix-tures and made entirely of the healing, cleansing juices and extracts of The healthful botanical ingredients of which S.S.S. is composed, tures and made entirely of the healing, cleansing juices and extracts of roots, herbs and barks; a safe and pleasant tonic for persons of any age. S.S.S. is not only the best Spring tonic, but its ability and worth

as a genuine blood purifier is universally recognized. It builds up the depleted system in the true way, by purifying the blood and supplying an increased amount of nourishment to every portion of the body. S. S. S. removes all accumulations from the circulation, enriches and purifies the blood and overcomes the unpleasant physical ailments that always come with Spring. It rids the body of that tired feeling, improves the appetite, reinvigorates every fibre and tissue of the body, and imparts healthful energy to all who are run-down. The body

cannot be strong and well if the blood is weak or impure, and no tenic should be used which does not thoroughly cleanse the circulation. If you select S. S. S. as your tonic this Spring you will experience better require and more than the second s tich does the circulation. If you select S. S. S. as your lexperience better results and more vigorous because it will make your blood "just right." there is no other "just as good." THE SWIFT SPECIFIC CO., ATLANTA, GA tonic this Spring you will experience better results and more vigorous-health than ever before, because it will make your blood "just right." Insist on getting S. S. S., there is no other "just as good."

PRETTY GOOD EVIDENCE.

I have used S.S.S. and found it to be an excellent blood purifier and tonic. My blood was weak and impure, and as a result my system

inspector for the faith distriction of the form Puget sound this morning, to look over some of the work in the of-fice here. He will rejoin the tender Heather tomorrow at Olympia and will complete his inspection of the Puget sound light stations, expecting to be back here by the 15th of this month. The stations inspected by Commander Elikott during the past week were Patos. Turn Point, Smith Island, Point, Wilson, Admiralty Hill, Marrowstone Point, Point No Point and a large number of post lights. Those which remain to be inspected are the lights in the Straits of Juan de Fuca and at Swift Sure bank, the ten-fice here. He will be determine to morrow at Olympia and will Heather to morrow at Olympia and will complete his inspection of the Puget sound light stations, expecting to be back here by the 15th of this month. The stations inspected by Commander Efficient during the past weeks were Patos. Turn Point, Smith Island, Point, Wilson, Admiralty Hill, Marrowstone Point, Point No Point and a large number of post lights. Those which remain to be inspected are the lights in the Straits of Juan de Fucca and at Swift Sure bank, the tender then coming on down the coast to Astoris, the inspector taking in the lights on the way.
 OIL IN RIVER DANGEROUS Large Amount Escapes From O. R.
 Large Amount Escapes From O. R.

Large Amount Escapes From O. R. & N. Car-Is Now Under Docks.

Carrying 75 passengers and 390 tons Carrying 75 passengers and 390 tons of general freight, the steamer Break-water, Captain Macgenn, sailed this morning at 9 o'clock for Coos Bay. Laden with cargo the total value of which was \$48,364.59, the Norwegian steamer Selja, Captain Lie, sailed at 3 concet this morning for Marila by way o'clock this morning for Manila by way

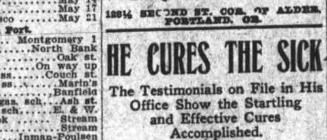
Carrying general freight from San Francisco, the steam schooner Casco, Captain Ahlin, arrived this morning at Columbia dock No. 1. She will take out 550,000 feet of lumber for San Francisco. It was expected that the German steamer Augustus would move at noon from the North Bank dock to the Oceanic

ock to load wheat. Carrying passengers and freight, the steamer Sue H. Elmore, Captain Schrad-er, will sail tomorrow night for Tilla-

Captain Jim Shaver bought the motor

Captain Jim Shaver bought the motor launch belonging to Cari Wether yes-terday. It will be used as a dispatch boat in getting around to the different steamers belonging to the company. The steamer Dalles City started on the run to The Dalles yesterday, and the steamer Balley Gatzert will be taken out on the Oregon drydock tomorrdw for painting and overhauling. Carrying 44 passengers, 455 tons of coment and 169 tons of asphalt the steam schooner Yosemits, Captain Bein-er, arrived last night from San Fran-cisco. She will load a cargo of lumber out for theil place.

Vessels in Port.



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MOURS 9 4. M. to 8 P. M., SUNDAYS, 10 A. M. to 13 M.



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impute, and as a result my system became very much run down and de-bilitated. I lost twenty or more-pounds in weight, had no appetite and was in had shape. Seeing S. S. S. ad-vertised I began its use, and am well pleased with the results after using it for some little while. From 139 pounds to 165 is pretty good evidence of merit on the part of S. S. and as in merit on the part of S. S. and as of merit on the part of S.S.S. My to my appetite, it is superb. My system and general health have been wonderfully built up, and I do not hesitate to give S.S.S. the credit for it. H. MARTIN.