

No Emotional Strain Found

Nixon Health Is 'Excellent'

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President Nixon's personal physician pronounced him in "excellent" physical shape yesterday and said Mr. Nixon is showing no emotional strain from the year of Watergate scandals that have beset his administration.

"All of the findings this morning were excellent. We find him to be in very good health. As I said, really excellent," White House physician Walter R. Tkach told reporters after the President underwent his annual physical ex-

amination yesterday at the National Naval Medical Center in Bethesda.

"There is no evidence of any emotional strain. I do not see any physical evidence of any strain," he said. Tkach, an Air Force major general, makes daily checks on the President's health.

Tkach said the doctors had one prescription for the President: more sunshine. Following this oft-repeated advice, President Nixon left yesterday afternoon for six days in Key Biscayne, Fla.

He will dedicate a new hos-

pital wing in Miami today and use the occasion to push his national health insurance plan and other health legislation that he plans to send to Congress. On Monday, Mr. Nixon will appear at an "Honor America" gathering at Huntsville, Ala., sharing the platform with Gov. George C. Wallace.

There was unusual interest in President Nixon's annual physical this year because of his bout with pneumonia in July and the combined pres-

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asures of Watergate, the Middle East war and the energy shortage.

There had been reports recently that Mr. Nixon was having trouble sleeping.

Tkach said that each of the six doctors who examined the President during his 2½-hour physical had asked Mr. Nixon about his sleeping habits, and was told he has no difficulty.

The White House physician said that Mr. Nixon, who is 61, generally sleeps about six hours a night during the week, but "makes it up" by sleeping as much as three hours longer on weekends.

Under questioning, Tkach said the President is not seeing any doctors other than those on the White House staff, nor has Mr. Nixon taken any medicines since he was hospitalized for eight days with pneumonia in mid-July. In answering that question, Tkach specifically ruled out rumors that the President was taking tranquilizers.

Tkach said Xrays indicated that the President showed no residual signs of the pneumonia.

One of the doctors participating in yesterday's physical was Sol Katz, chief of pulmonary medicine at Georgetown University Medical School and an expert on lung diseases who was called in to assist White House and Navy doc-

tors when Mr. Nixon was hospitalized. Katz spent the most time of any doctor examining the President, Tkach said.

Tkach said that Mr. Nixon's blood pressure and pulse were well within the normal limits for a man his age; 120 over 74 for the blood pressure and 72 for the pulse. An electrocardiogram showed that his heart was also acting normally and his weight remained the same as last year—172 pounds.

In the past, Tkach has recommended that the President exercise more. Yesterday the doctor said "apparently the amount he gets is adequate." The President runs in place by his bed 400 times each morning, Tkach said.

The doctor described Mr. Nixon as "a very well disciplined man" who "never over-eats and never over-drinks. I've never seen him over-indulge in any way."

All the examination results were in by noon—3½ hours after Mr. Nixon arrived at the naval hospital by limousine—except for those from a battery of blood tests. But Tkach said he doesn't expect them to make any difference in his conclusions.

The President had his last routine annual physical on Dec. 20, 1972. He had been scheduled for another physical last Dec. 15 before his trip to

San Clemente but cancelled it. Last Friday he scheduled it again and started out for Bethesda only to be turned back by the heavy snowstorm.

Mr. Nixon took off for his Florida vacation home yesterday afternoon in his Air Force Boeing 707 jetliner. When he flew to San Clemente, Calif., he used a commercial airliner and returned in a small government jet to set an example during the energy pinch.

Deputy press secretary Gerald L. Warren said Mr. Nixon was using the Air Force jetliner again because this trip