

Nixon's Advice as He Hits 60

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Associated Press

Washington

On the eve of his 60th birthday, President Nixon said the way to beat advancing age is to avoid boredom, look to the future and — above all — to have young people around.

"Never slow down," the President said yesterday in an interview.

The Presidency has many problems, he said with a smile, "but boredom is the least of them."

The most important thing for keeping young in spirit, Mr. Nixon said, "is to have young people around." He cited the influence of his daughters and young staff members because they "tend to keep you young."

The White House responded to a request for a birthday interview by arranging the 25-minute session with two wire-service reporters, but limited the subject matter to the President's observations upon his reaching his 60th birthday.

The President emphasized that slowing down as a person advances in age is a "terrible error. Never slow down the spiritual heart. Then age is not going to pull you down."

Rather than the burdens of office being the cause of a breakdown in health, Mr. Nixon pointed to boredom as "a more likely cause."

He said it is also necessary to try to keep physically fit. The President related how he tries to swim every

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day when he is at his Camp David retreat in the Maryland mountains. He said he took a plunge in the heated outdoor pool Sunday when the air temperature was five below zero.

He laughingly recalled that a new Secret Service agent couldn't believe that the President would swim in the cold.

"Are you trying to pull my leg?" the President said the rookie agent asked one of the veteran agents.

Mr. Nixon said he has given up celebrating most birthdays, and now only makes note of the passing of decades for himself, his family and his friends.

He said he expects the first four years of his 60s, as he enters his second term, "to be very interesting. I hope to do great things."

PARTY

Mrs. Nixon, daughters Tricia and Julie, and close friend C.G. (Bebe) Rebozo of Florida are planning a family party with Mr. Nixon's long-time personal secretary, Rose Mary Woods, to mark the occasion.

Mr. Nixon said he is

NIXON'S ADVICE



AP Wirephoto

PRESIDENT NIXON
'Never slow down'

against gift-giving because he has just about everything he wants. But he admitted with a smile, "I need ties. I can only wear them once or twice."

Looking back on his milestone decades, Mr. Nixon said that at 20, he was a junior in college, majoring in history and English, going out for football, "but I never made the team."

At 30, he said, he was in

Bougainville in the South Pacific during World War II. At 40, he had just been elected vice president.

At 50, he had just been defeated for the governorship of California. And now, at 60, he has just been re-elected for a second term as president.

TIME

"A man can never judge what time will do," the President said. He said he had never expected, "least of all at 50 . . . to be here at this time at 60."

Mr. Nixon called on young people to help older persons, starting in their own families, by spending time with them to provide the stimulation that older people need. He said contact with youth is "indispensable to the health of an older person."

While generally avoiding personal comments, the President discussed age in regard to holding political office.

AGE

He said the ideal age to run for the House of Representatives is during the 30s, because it is "a back-breaking physical job if you do it well" and it takes about 25 years to qualify under the seniority rules to get a chance to head a committee or be speaker.

The ideal age for a Senate candidate is generally between 30 and 50, Mr. Nixon said, because a senator has "to start with a degree more experience and has got to acquire it somewhere."

As for the Supreme Court, Mr. Nixon suggested starting at age 60 because "you have to have enormous experience." He suggested the ideal age for service in any court is between 40 and 50.

Mr. Nixon was reluctant to discuss at what age he thought a man should run for the Presidency. He said much depends on the times, noting that England was very fortunate to get Winston Churchill at 67 and France was lucky to get Charles de Gaulle in his late 60s.

However, terming the presidency "a very demanding position physically, mentally and emotionally," Mr. Nixon said that unless a man has "reasonable physique in all these respects, he should not seek the presidency at an age up in the late 60s."