

Nixon Termed in 'Excellent Condition'

By JOHN HERBERS

Special to The New York Times

MIAMI, Feb. 13 — After a two-month delay, President Nixon underwent his annual physical examination today, and his doctor declared him to be in "excellent condition," showing neither emotional nor physical signs of the strain that he has been under for the last year.

Dr. Walter R. Tkach, the chief White House physician throughout Mr. Nixon's five years in the Presidency, briefed reporters in Washington on the outcome of the two and a-half hour examination held this morning at the naval medical hospital in Bethesda.

Shortly afterwards, Mr. Nixon and much of his staff flew to Florida for a long weekend in the sun and public appearances here tomorrow and in Huntsville, Ala., on Monday.

Dr. Tkach, in response to questions, said the President was in such over-all good health that he could prescribe nothing to improve it, except a little more sunshine. He said Mr. Nixon sleeps well, an average of six hours a night during the week and seven to eight hours on weekends, takes no medication whatsoever, neither overeats nor overdrinks and gets sufficient exercise by running in place daily in his bedroom.

Acknowledged Strain

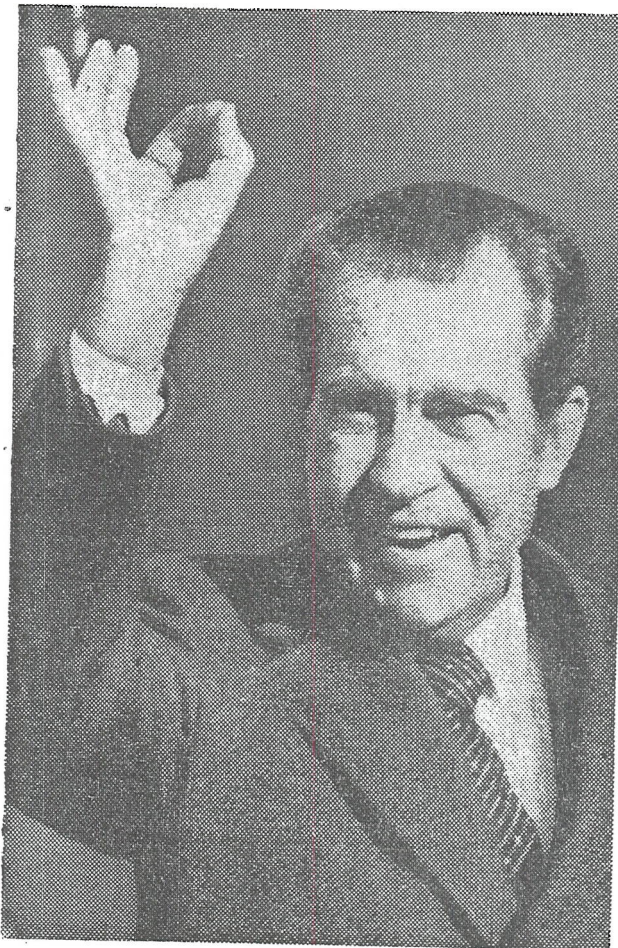
Previous annual medical reports had brought the same glowing reports from Dr. Tkach. But there was more interest in the outcome this year because of the strain Mr. Nixon himself had acknowledged the Watergate disclosures and accompanying criticism to be. On a number of occasions, this strain has shown.

On a number of occasions last summer and fall, Mr. Nixon had appeared highly nervous, slurred his words and gesticulated in a highly animated manner that did not seem characteristic. More recently, he has appeared more composed, his color has been better and his friends have remarked how well he looks.

Another reason for the interest in the President's health was that last November he said on two occasions that he would continue in office "as long as I am physically able." But when time for his annual physical came, in December, he postponed it. This set off rumors in Washington that he might step aside as President, either permanently or temporarily, for reasons of health.

Dr. Tkach's report today indicated that the 61-year-old President could not be in better health. As for the postponement, Dr. Tkach said the President was simply "busy with the energy crisis."

Dr. Tkach's report today in-



United Press International

The President leaving hospital after checkup yesterday

The examination, Dr. Tkach said, was performed by a staff of about six physicians and himself. All tests showed normal results, he said. Blood pressure was 120 over 74, his pulse was 72, his weight was 172, exactly what it was a year earlier when Mr. Nixon, describing his own good health in an interview, said he had never had a headache.

Asked to describe Mr. Nixon's over-all health and physical stamina, Dr. Tkach said, "It is excellent." Was there any change since his last physical? "None whatsoever." Is the President receiving any medication of any kind? "None whatsoever."

Mr. Nixon had not taken any medication, the doctor said, since he spent several days in the hospital last July with viral pneumonia. Not even any tranquilizers? "No."

What about the President's emotional health? Dr. Tkach was asked.

"It was a complete physical examination," he said. "There was no evidence whatsoever of any emotional strain."

"He was in a very good frame of mind this morning," Dr. Tkach said.

In recent months, he was asked, has the President been under the care of any other

physicians other than himself and other doctors on the White House staff.

"None whatsoever," he said.

The President, he said, exercises remarkable self-discipline. "He never overeats, he never overdrinks." He is reported by other sources to like martinis.