14TH TO GO IN 2 YEARS

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WASHINGTON, Nov. 18—Wayne Smith, a senior policy planner on Henry A. Kissinger's National Security Council staff, is resigning effective tomorrow. Mr. Smith, who is the 14th specialist to leave the staff of the President's adviser on security affairs in the last two years, said the reason for his resignation was exhaustion, rather than the sort of policy differences that prompted a number of the other departures. "I have no rending policy disputes with Henry," Mr. Smith said in an interview in his office today. "But I am exhausted after 18 months of working for him. I have been putting, in 85-hour weeks and the pressure has been intense."

Mr. Smith said he wanted to spend more time with his family. He has accepted a job as vice president of Dart Industries, a California conglomerate concern.