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WASHINGTON, Sept. 14—

The Senate Foreign Relations Committee was urged by a variety of political groups today to reject Henry A. Kissinger's nomination as Secretary of State for reasons ranging from his Vietnam policy to his Jewish background.

For nearly three hours, Mr. Kissinger was assailed for his policies, personality and ethnic background with hardly a word spoken on his behalf. Ten witnesses, representing opposite sides of the political spectrum, were united on this occasion in their opposition to President Nixon's national security adviser.

Committee staff members said that there had been no requests from groups to testify in favor of Mr. Kissinger's nomination. Mr. Kissinger was the only witness in the first three days of public hearings. His nomination has spurred a flow of mail to Congress reportedly running 50 to 1 against him, much of it from so-called "hae" groups.

Only 3 Senators Present

Only three Senators were present for any part of the hearing, the last public session before the vote next week on Mr. Kissinger's confirmation, which Senators expect to go in his favor.

The three Senators present were John J. Sparkman, Democrat of Alabama, who served as chairman; George D. Aiken, Republican of Vermont, and George McGovern, Democrat of South Dakota. They seemed more interested in getting the hearing over with than in rebutting the views expressed about Mr. Kissinger.

Nicholas C. Camerota Jr., representing the National Youth Alliance, said that because Mr. Kissinger "as a Jew cannot help but feel a personal stake in the fortunes of Israel," the Youth Alliance believed that Mr. Kissinger's confirmation would not meet "the best interests of the majority of white, gentile Americans."

The alliance described its goal as awakening "a sense of racial, cultural and national identity to replace the alienation, rootlessness and neo-liberal cosmopolitanism which now threaten the continued survival of the nation and the race."

The Rev. Douglas Moore, chairman of the Black United Front, said that Mr. Kissinger

was "a functional racist" because of his lack of interest in African affairs and because "there is not one black in a major policy-making position" on the staff of the National Security Council.

"The Black United Front does not believe that the confirmation of Dr. Henry Kissinger will add to the stability or peace of the world because his Eurocentric foreign policy can only lead to bloodshed and further polarization of blacks and whites in this country," he said, adding that it would also "lead to a bloodbath in southern Africa."

William A. Small, president of the Federation of American-Arab Organizations, said that Mr. Kissinger was "a competent man who has demonstrated his diplomatic skill with ability and distinction."

But Mr. Small said that because Mr. Kissinger was Jewish, "we believe it is imperative that Dr. Kissinger should publicly renounce all Zionist claims that he has any ties, emotional or philosophical or political, to the foreign state of Israel."

Mr. Kissinger has already testified that he will not permit his Jewish background to influence his policies.

Indochina Policy Assailed

Mr. Kissinger's strong involvement in the Administration's Indochina policies drew the wrath of the witnesses from the political left.

Prof. Saul H. Mendlovitz of Rutgers University, speaking for the Committee of Concerned Scholars for a Just World, said: "We oppose his confirmation because of his moral unfitness for the office."

"Illicit wiretapping, deception of Congress and of the American people, secret and massive bombing, and deep involvement in the most brutal use of armed violence against human beings in the post-World War II era are sufficient reason to deny his confirmation," he said.

"If there were a Nuremberg trial today," Professor Mendlovitz said, "Mr. Kissinger would face charges as a war criminal."

Joseph H. Crown, co-chairman of the lawyers committee on American Policy Towards Vietnam, asked the committee

to reject Mr. Kissinger "as a dramatic demonstration of Senate opposition to the Administration's lawless and ruthless course in Indochina — a course marked by an absence of legality, morality and humanity."

Bronson P. Clark, executive secretary of the American Friends Service Committee, said that to confirm Mr. Kissinger without a change in Administration policies "is to confirm a foreign aid military policy with a shocking history of war and deceit."

Representative Donald M. Fraser, Democrat of Minnesota, who is national chairman of Americans for Democratic Action, disassociated himself from "the anti-Semitic and extreme right-wing objections" raised against Mr. Kissinger but nevertheless urged that the confirmation be delayed until the Administration gave assurance that it would not engage in military combat in Indochina without Congressional authority and that it tell the truth about its foreign activities.

Mr. Kissinger returns to testify in private session on Monday morning, and his confirmation is expected to be recommended by the committee

on Tuesday, with full Senate approval that day or on Wednesday.

Others who testified against Mr. Kissinger were Col. Curtis B. Dall, chairman of the Board of Policy of Liberty Lobby; John D. Hemenway, of the National Association of Pro-America, and former Senator Ernest Gruening of Alaska.