

# Doctors Give Nixon a Top Rating in Checkup; 'They

By LINDA CHARLTON  
Special to The New York Times

WASHINGTON, Dec. 20 — President Nixon flew to Key Biscayne today for a brief Christmas vacation after receiving an "excellent" rating in his annual physical examination.

Mr. Nixon spent two hours at the National Naval Medical Center in Bethesda, Md. At 10 A.M. he emerged and said jokingly, "They told me I feel fine."

The President's personal physician, Maj. Gen. Walter R. Tkach, told reporters at the White House that Mr. Nixon was "in excellent health — the same as last year."

However, he said that he was "still concerned about exercise"—meaning that the President was not exercising regularly — but said that Mr. Nixon had "never missed a day's work because of illness," since he entered the White House in January, 1969. Mr. Nixon's weight was 173 pounds, which, the physician said was the same as it was 20 years ago.

### Swimming Recommended

Dr. Tkach disclosed some details of the President's health, noting that his blood pressure —110-80—was down slightly from last year but "within the normal range." Mr. Nixon's pulse rate was 72, rising to 80 just after exercising and returning to 72 within one minute.

He said that he had urged Mr. Nixon to go to Florida every month for some swimming. The President gets no consistent exercise beyond running in place every morning, he said, and "still refuses to play golf."

"I would like to see him walk more," he added.

He said that Mr. Nixon had "no problem" sleeping, averaging six to seven hours on week nights and eight to nine hours on weekends. He takes no vitamins and is on "no medication whatsoever," General Tkach said.

After General Tkach made his report, the White House press secretary, Ronald L. Ziegler, announced that Mr. and Mrs. Nixon were leaving this afternoon for Florida, and that the President might remain there until the middle of next week.

Mr. Ziegler also announced more second-term personnel

changes. William D. Ruckelshaus will remain at the head of the Environmental Protection Administration, he said, and three officials of the Department of Housing and Urban Development will return to private life. They are Richard C. Van Dusen, Under Secretary; Eugene A. Gullledge, Assistant Secretary for housing production and mortgage credit and Federal Housing Commissioner, and Norman V. Watson, Assistant Secretary for housing management.

Mr. Ziegler announced the appointment of Richard W.

Roberts of Schenectady, N.Y., who is research and development manager for materials science and engineering at the General Electric Research and Development Center, as director of the National Bureau of Standards. His predecessor,

## Told Me I Feel Fine,' He Says

Lewis M. Branscomb, resigned last May.

Before leaving for Florida, Mr. Nixon worked in his oval office and "dropped by" at a meeting in the Cabinet room of labor members of the National Committee on Productivity,

Secretary of the Treasury George P. Shultz and other Administration officials in the economics area. The President, Mr. Ziegler said, restated his "determination to fight inflation."

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