

JAN 9 1973
**Nixon, at 60, Says
'Never Slow Down'**

By The Associated Press

WASHINGTON, Jan. 8—On the eve of his 60th birthday, President Nixon said the way to thwart advancing age was to avoid boredom, look to the future and—above all—to have young people around.

"Never slow down," the President said today 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."

Continued on Page 26, Column 1

**NIXON, AT 60, SAYS
DON'T SLOW DOWN**

Continued From Page 1, Col. 1

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 reaching his 60th birthday.

The President stressed 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," Mr. Nixon said.

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

Mr. Nixon said it was also necessary to try to keep physically fit. He described how he tries to swim every 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 it was five degrees below zero.

He laughingly recalled that a new Secret Service agent could not believe that the Pres-

ident was going swimming 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 had given up celebrating most birthdays and now only took note of the passing of decades for himself, his family and his friends.

He said he expected the next four years "to be very interesting."

"I hope to do great things," he said.

Mrs. Nixon, his daughters, Mrs. David Eisenhower and Mrs. Edward F. Cox, and his close friend, Charles G. Rebozo, are planning a family party.

The President said he did not want to receive any gifts because he had just about everything he wanted. But he admitted with a smile, "I need ties. I can only wear them once or twice."

A Look Back

Mr. Nixon looked back on some of his milestone decades: At 20, he said, 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 on 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.

"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."

While generally avoiding personal comments, Mr. Nixon discussed age in regard to holding political office.

He said that the ideal age to run for the House of Representatives was in the 30's because it was "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.

He suggested that the ideal age for a Senate candidate was between 30 and 50 because a Senator had "to start with a degree more experience and has got to acquire it somewhere."

The President was reluctant to discuss at what age he thought a man should run for the Presidency. He said much depended on the times, noting that England was "very fortunate to get Churchill at 67" and France was lucky to get De Gaulle in his late 60's.

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

REMEMBER THE NEEDIEST!