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PEOPLE

Fast Relief for Nervous Tension

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By Maxine Cheshire

Dr. W. Kenneth Riland, the New York osteopath who accompanied President Nixon to China and Russia, also went to Paris with Henry A. Kissinger last month to give him daily treatment for tension.

Riland, at the personal request of the President, was with Kissinger the week of Jan. 7-13, when the peace negotiations with Hanoi's Le Duc Tho were at the most critical stage.

Riland said last week that he treated Kissinger "at least once a day" with the same "manipulative, muscle-relaxant technique" which President Nixon has found beneficial.

The treatment is more than simply a massage, Dr. Riland explained. It involves the manipulation of the bones of the spinal column.

President Nixon underwent the treatment daily during his strenuous visits to Peking and Moscow and felt they were invaluable in coping with the pressures of statesmanship.

The Chief Executive has been a patient of Dr. Riland for the past 11 years and the physician travels to Washington every Wednesday to treat him.

"The President is the best recommendation a doctor could have," said Dr. Riland. "He is the epitome of perfect health."

Kissinger had been treated previously by Dr. Riland. "But Henry doesn't have a bad back," the physician said. "It's preventive medicine . . . for tension."

"I've known him 13 years," Dr. Riland said. "I am also Gov. (Nelson) Rockefeller's personal physician and he sent Henry to me when Henry worked for him."

"Henry is a friend as well as a patient," said Dr. Riland. "The White House felt he needed a friend along as much as he needed a doctor. I have complete clearance from a security standpoint."

Dr. Riland, who is 60, cheerfully denied reports that he is planning to write a book about his history-making cases when he retires.

"If you know a country where the U. S. has no extradition, I might," he said. "Otherwise, no . . . Everybody would love it though, to get a look at my diary."