

What Nixon's

Washington

President Nixon's personal physician complained anew yesterday that his seemingly healthy patient doesn't get enough exercise.

Air Force Major General Walter R. Tkach told newsmen after Mr. Nixon underwent a two-hour annual physical checkup at the Naval Hospital in suburban Bethesda, Md., that the chief executive's health "continues to be fine."

The only notable change from last year's findings, said Tkach, was a slight drop in blood pressure — from 115 over 80 to 110 over 80.

"I'm not concerned about that," he said. "It's in the normal range."

ACTIVITY

But Mr. Nixon's doctor, who has consistently urged that the President take more vacations and get more exercise, acknowledged, "I'm still concerned about exer-

cise."

Mr. Nixon, he related, promised to try to step up his exercise program and even entertained a Tkach suggestion that he travel to Florida once a month for swimming.

By coincidence, Mr. Nixon had his physical examination a few hours before he left with his wife Pat for a Christmas holiday stay at their home in Key Biscayne, Fla.

The Florida stay will be relatively brief, press secre-

tary Ronald Ziegler said, with Mr. Nixon planning to return to Washington next Tuesday or Wednesday.

CONFERENCE

After the trip to the hospital, Ziegler reported, Mr. Nixon participated in part of a Cabinet-room conference between Secretary of the Treasury George Shultz and labor members of the National Commission on Productivity.

He quoted Mr. Nixon as telling the union members,

Doctor Ordered

headed by AFL-CIO president George Meany, that he attaches great importance to their counsel in the fight against inflation.

Meany and four other union leaders returned to the council last week after boycotting its activities for about eight months.

BOWLING

Tkach indicated Mr. Nixon actually exercises less now than he did a year or two ago. For one thing, he said it's been a long time since

he's gone bowling and added:

"He still refuses to play golf. He says it takes too much time."

Moreover, Tkach reported, Mr. Nixon sometimes now skips his once-daily ritual of running in place and has reduced the number of strides he takes during that exercise from 400 to closer to 200.

Tkach said he had his "easiest time" with Mr. Nixon during a stay last sum-

mer at San Clemente, when the President went swimming daily and walked two to three miles along the beaches near his oceanside home.

WEIGHT

The President's current weight was reported at 173 pounds — exactly the same as when Tkach first met him 20 years ago when Mr. Nixon was vice president.

Tkach said Mr. Nixon has not missed a day of work because of illness during

nearly four years in the White House. But he said the healthiest President yet had to be Harry S. Truman, now seriously ill, who didn't miss a day of work in nearly eight years.

Leaving the Bethesda hospital, Mr. Nixon talked with the commandant, Rear Admiral F. P. Ballenger, about Mr. Truman's current fight for life.

Turning to reporters, Mr. Nixon said, "We all hope we're that good at 88."

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