

Nixon's Illness Moderate

7 to 10 Days In Hospital Are Foreseen

By Stuart Auerbach
Washington Post Staff Writer

President Nixon, in pain from a "moderate" case of viral pneumonia, will remain in Bethesda Naval Hospital for a week to 10 days and then will have to undergo a further period of recuperation, his doctors reported yesterday.

He spent a restless first night in the hospital after his admission at 9:15 p.m. Thursday and still continued to feel uncomfortable yesterday afternoon.

Although he rested during the day, Mr. Nixon slept only four hours Thursday night, and that came after he was given an injection of what doctors described as a strong pain-killing drug. Dr. Walter R. Tkach, an Air Force major general who is the President's personal physician, said no further injections were given yesterday.

Tkach, Dr. Sol Katz, director of the pulmonary division at Georgetown University's medical school, and Dr. Robert C. Elliott, chief of the pulmonary division at Bethesda, all agreed that the President is suffering from nothing more than viral pneumonia—a disease that can be quite mild but in some cases is severe.

After examining Mr. Nixon yesterday morning, the doctors indicated that the President has more than the mild form of the disease, which is sometimes called "walking pneumonia" and is often treated at home.

"My own appraisal of President Nixon is that he is moderately ill with pneumonia and has the kind of illness that ought to be treated in the hospital," said Katz, who was brought in as an outside consultant in the case.

"Now some patients with his illness are so mildly ill that they can be treated at home, but his illness is significantly severe enough that he ought to

be in the hospital."

Presidential press secretary Ronald L. Ziegler said that Mr. Nixon would carry out his "essential" duties while in the hospital.

These, Ziegler said, include signing legislation, reviewing legislation and making policy decisions on major matters affecting government. A deci-

See PRESIDENT, A5, Col. 1

PRESIDENT, From A1

sion on the President's Phase IV economic policy, Ziegler said, may be announced while Mr. Nixon is still in the hospital.

But Ziegler ruled out any meeting between Mr. Nixon and Sen. Sam J. Ervin, Jr., chairman of the Senate's Watergate committee, while the President is at Bethesda.

And he reported that the state visit of Pakistan: President Zulfikar Ali Bhutto, scheduled to start Tuesday, was postponed until September because of the President's illness.

President Nixon has not talked to Vice President Agnew about his illness, but White House officials told the Vice President Thursday night that Mr. Nixon was going to be hospitalized.

Ziegler said that he knew of no letter of understanding between Mr. Nixon and Agnew specifying that if the President became too ill to carry out his duties the Vice President would automatically take over. Presidents Kennedy and Johnson had that type of letter of understanding with their vice presidents.

To handle White House business, Ziegler and Alexander M. Haig, the President's chief of staff, have set up offices at the hospital. A detachment of Marines moved in yesterday morning to provide security.

Haig and Ziegler visited the President yesterday morning and Mrs. Nixon came with Julie and David Eisenhower, their daughter and son-in-law, yesterday afternoon. The family stayed with the President 30 minutes and then spent 15 minutes with the doctors.

Visits to the President will be limited, as will his activities, since the main treatment for viral pneumonia is bed rest. Tkach said the President's work load will be determined by his "energy level" and will be cut to about one-fourth of his normal activity.

"We have suggested to President Nixon that he limit the amount of business activities until we feel the objective manifestations of the clearing of the inflammatory process are with us, and urged him to limit decidedly his activities ex-

cept for those which are really essential and vital," said Katz.

Mr. Nixon, however, "was champing at the bit," the doctor continued. "He wants to do more. We insisted that he not do more."

Katz said the President wasn't happy when the doctors told him "that he might not feel quite up to par, even after he left the hospital, because there is a considerable malaise and uneasiness and a feeling of lack of energy that may continue for some period after leaving the hospital."

This is the first time the President has been sick during his more than four years in the White House. Tkach has called him the healthiest President in history.

Asked if fatigue could have contributed to the President's illness, Katz said the President was tired and reported he had been working hard, but no harder than usual.

"It is true that when the host's defenses are down by overwork, fatigue, malnutrition, all of these factors can interfere with the defense mechanism of the lung, that one is more susceptible. But these factors need not be present necessarily in those who get this kind of pneumonia."

Tkach said the President probably had been feeling bad earlier in the week "but didn't want to say anything to me about it."

The President resisted going to the hospital Thursday night, Tkach said, and in fact "insisted on carrying out his schedule."

"He still wants to continue work at a greater pace than I would like to see him do now, but between the staff and myself I think we will come up with a schedule that will allow him to recover and recuperate and do some of his work," Tkach continued.

The White House physician described the President's illness as "somewhat devastating . . . It is debilitating. It weakens you. I think viral illness is a little more difficult to recover from than a bacterial (illness). In terms of time I would estimate another week to 10 days."

Yesterday afternoon, the doctors got back the lab tests that confirmed their first diagnosis of viral pneumonia. But they had not yet determined exactly which virus had caused the disease.

The President was first examined early yesterday morning by Dr. William Lukash, the assistant White House physician. Later Kukash was joined by Tkach, Katz and Elliott.

The doctors reported that Mr. Nixon's temperature ranged from 101 to 102 degrees — the same as it was Thursday night when he was

hospitalized. His blood pressure and his pulse were normal, but his respiratory rate was about twice as high as normal because of the illness.

The doctors said the President was in pain Thursday night and Friday, and that the pain was intensified by breathing. The pain, though, was confined to the right side of his chest, which Katz said ruled out a heart attack.

Tkach gave the President an electrocardiogram Thursday which also showed his heart was normal, the doctors said.

Katz said that the pneumonia was centered in the entire lower lobe of Mr. Nixon's right lung — about one-third to one-half of that lung's total volume.

There were "very minor changes" in the left lung and no evidence of "free fluid" in the lung sacs, Katz said. An X ray yesterday afternoon showed that the pneumonia had not spread during the day.

The President was given antibiotic pills, Katz explained "because there are certain varieties of pneumonia, particularly mycoplasmal pneumonia, which may respond to antibiotics."

Doctors gave the President pain pills Thursday night, but when the pills failed to relieve his chest discomfort they gave him the injection of pain medicine. The doctors refused to name any of the drugs they were using to treat the President.

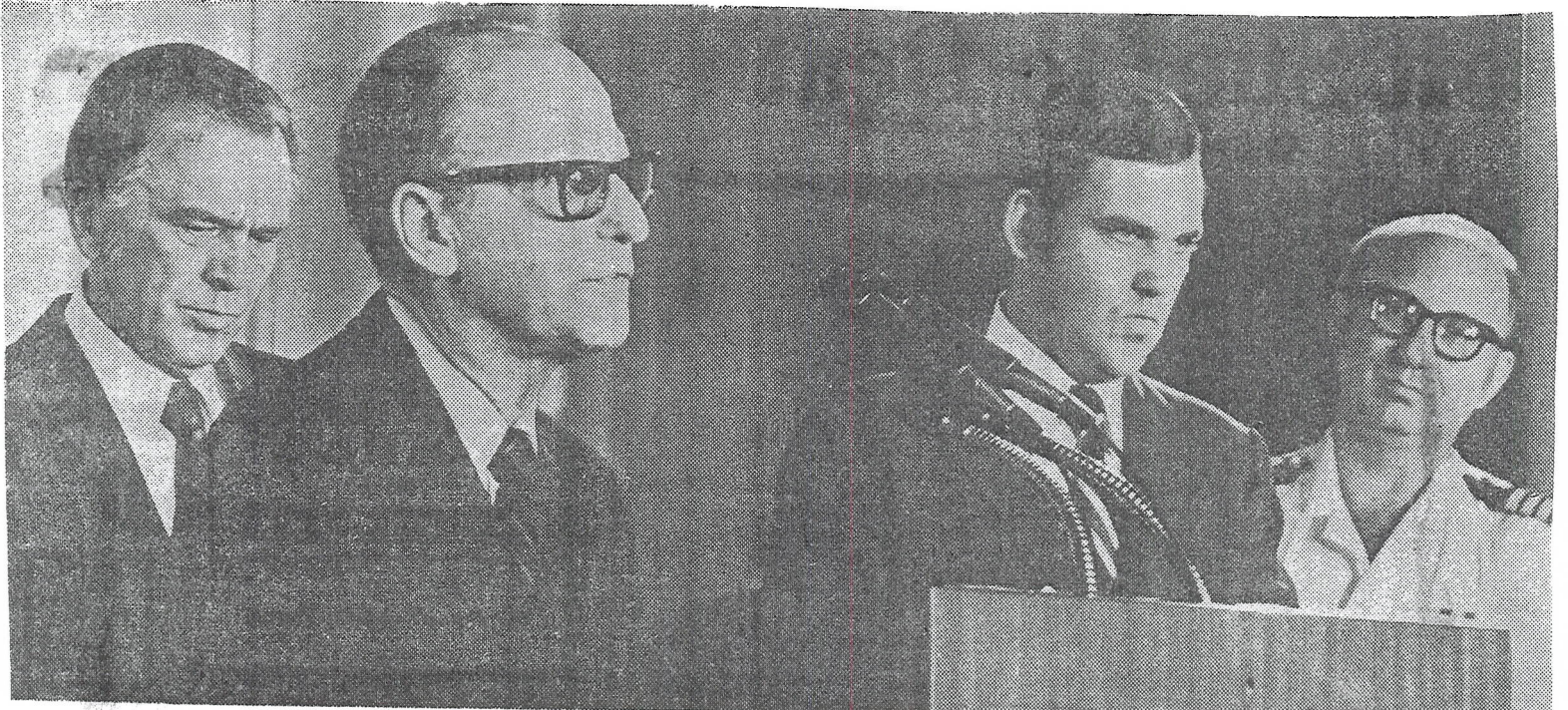
The President also received inhalation therapy four times yesterday to ease his breathing. In order to clear the lung congestion, he inhaled droplets of salt solution for 10 minutes. Then a specially trained therapist pushed on the President's chest in the area of the diseased lung.

Mr. Nixon is staying in the presidential suite on the third floor of the naval hospital. The suite, decorated with gold carpets and blue drapes, includes a reception area, treatment rooms, its own kitchen, a conference room and two other bedrooms besides the President's.



Associated Press

Mrs. Nixon, Julie and David Eisenhower, with presidential physician Dr. Walter Tkach, leave Bethesda Naval Hospital after 30-minute visit with the President



By Gerald Martineau—The Washington Post

Reporting on Mr. Nixon's illness are, from left, Dr. Walter Tkach, Dr. Sol Katz, press secretary Ronald Ziegler and Capt. Robert Elliott.