

Nixon's Checkup-- 'Excellent Health'

Washington

President Nixon took his twice-delayed annual medical exam yesterday and the White House doctor reported that he is in excellent health and shows "no evidence whatsoever of emotional strain."

Despite the pressures of a year of Watergate-related problems and Mideast and energy crises, the President has shown no physical change whatsoever, Dr. Walter R. Tkach reported.

Mr. Nixon, 61, underwent a 2½-hour physical examination by at least a half dozen doctors, had "a whole battery" of blood chemistries and was subjected to probing questions on his health, Tkach said.

The President later flew to Florida for a five-day stay at his home at Key Biscayne.

When he emerged from the National Naval Medical Center at Bethesda, Md., after the medical examination, Mr. Nixon gave an OK sign with his right hand.

In a White House news briefing, Tkach, an Air Force major general, declared that Mr. Nixon's health and physical stamina is excellent.

All of the tests, including X-ray and electrocardiogram, showed that the President was "within normal limits," and there was no evidence of any after-effects from the case of viral pneumonia that put Mr. Nixon into the Bethesda hospital for eight days last July, Tkach said.

Tkach said possible pneumonia after-effects had been

one of the main concerns of the checkup.

Some White House observers and even Tkach have said in past months that Mr. Nixon has looked tired. But Tkach reported no change in Mr. Nixon's health since his last physical Dec. 20, 1972. Even his weight held steady at 172 pounds.

The White House doctor said he wouldn't recommend any change in Mr. Nixon's health regimen, which he said includes running in place 400 times once every day.

Tkach did not emphasize the need for more exercise as he has in the past, but he said he would like to see the President "get some sunshine."

Asked why he was recommending sunshine, Tkach said: "It's a change in atmosphere . . . It does an individual some intrinsic good to be exposed to sun."

Tkach said the doctors questioned the President closely about his sleeping habits, in view of recent reports that Mr. Nixon had insomnia.

The President averages six hours of sleep a night during the week, Tkach said, and "makes it up" by sleeping seven to nine hours on weekends.

Mr. Nixon is seeing no other doctors, taking no medication of any kind and is not having any back troubles, Tkach said in response to questions. Mr. Nixon's blood pressure was reported at 120 over 74 and pulse by electrocardiogram at 72.

Mr. Nixon had put off his physical exam twice. The first time in mid-December the President said he was "busy with the energy crisis." Last Friday, Mr. Nixon drove half way to the hospital but turned back because of traffic jams caused by a surprise snow storm in Washington.

The President used a helicopter to shuttle from the White House to nearby Andrews Air Force Base for the first time since the energy crisis prompted him to curtail use of helicopters and his big jetliner.

Another helicopter was standing by at Homestead Air Force Base in Florida for his use. It had been flown earlier from Washington to Texas for maintenance, then ferried to Florida.

Deputy Press Secretary Gerald L. Warren told reporters that Mr. Nixon was using helicopters and his 707 jetliner because "it is a working trip . . . it is a business trip."

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