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## Nixon Termed in 'Excellent Condition'

## By JOHN HERBERS Special to The New York Times

MIAMI, Feb. 13 — After a vo-month delay, President MIAMI, Feb. 10 two-month delay, President Nixon underwent his annual insteal examination today, physical examination today, and his doctor declared him to be in "excellent condition," showing neither emotional nor physical signs of the strain that he has been under for the last year

showing neither emotional nor physical signs of the strain that he has been under for the last year. Dr. Walter R. Tkach, the chief White House physician throughout Mr. Nixon's five years in the Presidency, briefed reporters in Washington on the outcome of the two and a-half hour examination held this morning at the naval medical hospital in Bethesda. Shortly afterwards, Mr. Nixon and much of his staff flew to Florida for a long week-end in the sun and public ap-pearances here tomorrow and in Huntsville, Ala., on Monday. Dr. Tkach, in response to questions, said the President was in such over-all good health that he could prescribe nothing to improve it, except a little more sunshine. He said Mr. Nixon sleeps well, an average of six hours a night during the week and seven to eight hours on weekends, takes no medicaweek and seven to eight hours on weekerds, takes no medica-tion whatsoever, neither over-eats nor overdrinks and get suf-ficient exercise by running in place daily in his bedroom.

## Acknowledged Strain

Previous annual medical re-ports had brought the same glowing reports from Dr. Tkach. But there was more interest in the outcome this year because of the strain Mr. Nixon himself had acknowledged the Water-



But there was more interest in said, was performed by a staff and other doctors on the winter the outcome this year because of about six physicians and other doctors on the winter and acknowledged the Water-gate disclosures and accompany nying criticism to be. On a sure was 120 over 74, his pulse pline. "He never overacits, he main that shown. On a number of occasions, this strain has shown. On a number of occasions this was ray are reasons of the law. The versident's was that as thore are overacits, he markable self-disci-lats summer and fall, Mr. Nixon mood health in an in-had appeared highly nervous, terview, said he had never had a papeared highly animated a headche. Iter and his friends have re-market is color has been bet-ter and his friends have re-imarket alast. November he said to of sever-all health and physi-characteristic. More recently, is excellent." Was there any posed, his color has been bet-tion of any kind? "None whatsoever." Is the president's health the looks. Another reason for the in-terest in the President's health one doctor said, is over." Mr. Nixon had not taken any medication, the doctor said, is not in-time for his annual physical pneumonia. Not even any tran-came, in December, he post-in Washington that he might emotional health? Dr. Tkach's aid, "There was steel as President, either was aked. Dr. Tkalh's report today in-treasons of health. Dr. Tkach's said, the soutional health? Dr. Tkach said, "Interest in for the prost-in the as simply "busy with the energy crisis." The maximation," he said. "There was no evidence whatsoever of frame of mind this morning." Dr. Tkach's report today in-Under the care of any other