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**Nixon Leaves the Hospital;
He Must Restrict Activity**

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LONG BEACH, Calif., Oct. 4 —Former President Richard M. Nixon was discharged today from Memorial Medical Center here with instructions from his doctor to restrict his physical activity for "a few weeks."

Mr. Nixon will not be able to travel to testify at the Watergate cover-up trial in Washington, or to be questioned in deposition for at least one month, Mr. Nixon's doctors said.

The former President was discharged at 11:30 A.M. Nurses wheeled him to a waiting limousine at the same basement loading dock area through which he walked into the hospital 12 days ago.

Mr. Nixon's face appeared expressionless, pale and drawn as he sat in the wheelchair dressed in a blue suit and white shirt with his right leg crooked over his outstretched, phlebitis-damaged left leg.

Then, he stood up slowly, shook hands with Dr. John C. Lungren, his personal physician, and entered the limousine. Mrs. Nixon and their daughter, Tricia Cox, got in on the other side and sat next to him in the back seat.

50-Mile Drive

As policemen escorted the family on the 50-mile drive south to Casa Pacifica, the Nixon estate at San Clemente, Dr. Lungren held a news conference at which he said that Mr. Nixon's diagnosis on leaving the hospital was recurrent phlebitis and pulmonary embolus (a blood clot in his lung).

Dr. Lungren said that all the tests designed to detect a hidden cancer or other underlying cause for the repeated attacks of phlebitis had proved negative.

Dr. Lungren said that long periods of sitting, riding or standing would be unwise in Mr. Nixon's case, since he must avoid reactivation of the inflammation in the vein of his leg and the formation of potentially dangerous new clots in the leg.

Dr. Lungren also said that "periods of walking to the point of muscle fatigue must be eliminated" for Mr. Nixon. The aim is to prevent "sludging of the blood in the venous system of the left leg," Mr. Nixon's physician said, Dr. Lungren added:

"The second reason for this controlled activity period would be all-out efforts to avoid any serious complication of anticoagulation [blood thinning] therapy such as spontaneous hemorrhage or bleeding from

physical trauma of any kind."

Possibility of an Ulcer

Dr. Lungren said, that, among other things, he wanted to prevent Mr. Nixon from risking serious bleeding from a stomach ulcer that could develop under the strain that Mr. Nixon has undergone.

The Long Beach specialist in internal medicine described Mr. Nixon's phlebitis-damaged leg as "less swollen" as a result of

the bed rest and anticoagulation therapy. He said the blood clot that had lodged in Mr. Nixon's right lung had become smaller.

Nevertheless, Dr. Lungren said Mr. Nixon was probably even more physically exhausted now after a series of diagnostic tests than he was when he entered the community hospital Sept. 23.

"He's been p all night, going to the bathroom, losing sleep, having repeated tests," Dr. Lungren said. Mr. Nixon is understood to have had a series of enemas to prepare for the X-rays and other tests.

Dr. Lungren said that neither Federal Judge John J. Sirica nor any doctors appointed by him had asked about the status of Mr. Nixon's health and the prospects of his testifying in the Watergate cover-up trial, which started this week. Mr. Nixon has been subpoenaed by both the defense and the prosecution in the trial.

'I Se No Reason'

"I wouldn't object to it but I see no reason for it particularly. About the only thing you're going to find now on examination is the residual swelling in the left leg and the rest of it will have to be knowledge from the tests that have been done. So if the individual wants to come out and read some material, that's perfectly all right with me."

Dr. Lungren said he had advised Mr. Nixon as he would any other private patient with the same medical problems.

"My professional judgment would dictate that the restriction of physical activities would probably continue from one to three months depending on the success of the anticoagulation therapy, and barring the development of reactivation of the phlebitis or a serious complication from the anticoagulation therapy."

Dr. Lungren stressed that he was taking a strictly professional view regarding his instructions to Mr. Nixon.

"I know here are a lot of doubting Thomases in Amer-

ica. The place was full of them. But I can't change it. I've been honest about it."

Dr. Lungren was accompanied at the conference by five other doctors who had participated in Mr. Nixon's care at the hospital. They said they concurred with Dr. Lungren's diagnosis and the planned course for Mr. Nixon's rehabilitation at San Clemente.

The amount of Mr. Nixon's hospital bill was not known, but two rooms, each costing \$90 a day, were reserved for him. A spokesman for the former President said Mr. Nixon was paying the bill "out of his own pocket," and that he had no medical insurance.

Medical sources reported recently that had Mr. Nixon chosen to enter a military hospital—such as the one at Camp Pendleton near San Clemente, his care would have been free.



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NIXON LEAVES HOSPITAL: Richard M. Nixon, his ailing left leg elevated, being wheeled from hospital in Long Beach, Calif., in the company of Mrs. Nixon and Tricia Cox, daughter. Mr. Nixon stood up to enter his limousine for the 50-mile ride home. Page 28.