

Richard Nixon Presidential Library
Contested Materials Collection
Folder List

<u>Box Number</u>	<u>Folder Number</u>	<u>Document Date</u>	<u>No Date</u>	<u>Subject</u>	<u>Document Type</u>	<u>Document Description</u>
52	20	12/16/1970	<input type="checkbox"/>	Personal	Memo	Action Memorandum from the Staff Secretary for R. Ziegler RE: Dr. Tkach and RN physical. 1pg. Set 1/2.
52	20	12/15/1970	<input type="checkbox"/>	Personal	Memo	From H.R. Haldeman to Mr. Ziegler RE: RN and physical health. Also, press conference with Dr. Tkach of results. 2pgs. 3 copies. Set 2/2.

DOCUMENT WITHDRAWAL RECORD [NIXON PROJECT]

DOCUMENT NUMBER	DOCUMENT TYPE	SUBJECT/TITLE OR CORRESPONDENTS	DATE	RESTRICTION
N-1 [doc. 99]	Action memo	From Haldeman to Magruda RE: P1155H Christmas Sales.	12/15/70	R (Nixon)
N-2 [doc. 100]	Action memo	From Haldeman to Ziegler RE: P1161H, Hard-working President	12/15/70	C (Nixon)
N-3 [doc. 101]	Action memo	From Haldeman to Finch RE: P1162H Group of Jewish Leaders	12/15/70	C (Nixon)
N-4 [doc. 102]	Action memo	From Haldeman to Colson + Nafziger RE: Lashy P1164H	12/18/70	C (Nixon)
N-5 [doc. 103]	Action memo	From Haldeman to Colson + Nafziger RE: P1184H Lasky Column item N-5 goes with item N-4	12/24/70	C (Nixon)
N-6 [doc. 104]	Action Memo	From Butterfield to Haldeman RE: 'Sally Long'	1/25/71	C (Nixon)
N-7 [doc. 105]	Action memo	From Butterfield to Haldeman RE: Long	12/19/70	C (Nixon)
N-8 [doc. 106]	Action memo	From Flanigan to RN RE: Rhyne	2/1/71	C (Nixon)
N-9 [doc. 107]	action memo	From Haldeman to Flanigan, RE: Bill Marriott - Panamanian Canal	12/21/70	C (Nixon)

FILE GROUP TITLE

STAFF SECRETARY

BOX NUMBER

Box 45

FOLDER TITLE

Action Memo File (P1150-P1200) [P1150-1199; incomplete]

RESTRICTION CODES

- A. Release would violate a Federal statute or Agency Policy.
 B. National security classified information.
 C. Pending or approved claim that release would violate an individual's rights.
 D. Release would constitute a clearly unwarranted invasion of privacy or a libel of a living person.

- E. Release would disclose trade secrets or confidential commercial or financial information.
 F. Release would disclose investigatory information compiled for law enforcement purposes.
 G. Withdrawn and return private and personal material.
 H. Withdrawn and returned non-historical material.

DOCUMENT WITHDRAWAL RECORD [NIXON PROJECT]

DOCUMENT NUMBER	DOCUMENT TYPE	SUBJECT/TITLE OR CORRESPONDENTS	DATE	RESTRICTION
N-10 [doc. 613]	memo	Flanigan to the Staff Secretary, re: "Log No. P 1195H, Appointment to the U.N."	4/7/71	C

FILE GROUP TITLE	BOX NUMBER
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FOLDER TITLE

RESTRICTION CODES

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| <p>A. Release would violate a Federal statute or Agency Policy.</p> <p>B. National security classified information.</p> <p>C. Pending or approved claim that release would violate an individual's rights.</p> <p>D. Release would constitute a clearly unwarranted invasion of privacy or a libel of a living person.</p> | <p>E. Release would disclose trade secrets or confidential commercial or financial information.</p> <p>F. Release would disclose investigatory information compiled for law enforcement purposes.</p> <p>G. Withdrawn and return private and personal material.</p> <p>H. Withdrawn and returned non-historical material.</p> |
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Presidential Materials Review Board

Review on Contested Documents

Collection: Staff Secretary

Box Number: 45

Folder: Action Memo File (P1150-P1200) [1150-1199, incomplete]

<u>Document</u>	<u>Disposition</u>		
99	Retain	Open	
100	Return	Private/Personal	
101	Retain	Open	
102	Retain	Open	
103	Retain	Open	
104	Retain	Open	
105	Retain	Open	
106	Retain	Close	Invasion of Privacy
107	Retain	Close	Invasion of Privacy
613	Retain	Open	

Date: December 16, 1970

Time: 11:50 a. m.

FOR ACTION: R. Ziegler

cc (for information):

FROM THE STAFF SECRETARY

DUE: Date: Wednesday, December 24, 1970 Time: 2:00 p. m.

SUBJECT:

Dr. Tkach.

ACTION REQUESTED:

For Necessary Action

For Your Recommendations

Prepare Agenda and Brief

Draft Reply

For Your Comments

Draft Remarks

REMARKS:

12/30 - Physical took place.

PLEASE ATTACH THIS COPY TO MATERIAL SUBMITTED.

If you have any questions or if you anticipate a delay in submitting the required material, please telephone the Staff Secretary immediately.

K. R. COLE, JR.
For the President

Eyes Only

December 15, 1970

MEMORANDUM FOR: MR. ZIEGLER

FROM: H. R. HALDEMAN

It has been suggested that the following idea be implemented in order to get across the "hard-working President" line that we haven't been able to get across adequately in the past.

The President will be taking his physical examination some time between now and the end of the year. After the examination is finished the press will want to know the results. Normally you would include this information in one of your daily briefings. However, this time you should very carefully choose a small group, including the two wire services, one or two good network people - but no more than five or six - and let Dr. Tkach give them the results of the examination.

The results of the examination should be routine. It will give Tkach a chance to say, first, that the President's health is excellent. Second, he might comment on one or two items that are particularly important from a public standpoint; the fact that the President has an amazingly low blood pressure, which is an inherited quality from his father and his mother, and that this is something that has been remarkable for him, Tkach, to observe through the years while he was Vice President as well as President, even in periods of great stress.

Tkach may balk to an extent at revealing what he calls professional information to the press, but, after all, Presidents are in the position where doctors are supposed to put out the truth and nothing but the truth with regard to the President's health and, if this is done in a low-key way, it would be enormously effective.

But now comes the point where Tkach can really make some points. He should then say that his major concern about the President's health is that he does not take enough time off and does not get enough recreation. He should say that this has been the case throughout the time that he has known the President - during the eight years that he was Vice President, and now during the two years he has been President. He should point out that even though the President has taken trips to California and Key Biscayne he refuses to use these trips adequately for recreation and usually works a full day either on the phone or with his close, personal staff during these so-called "vacation trips". He should point out that the President does not have the relaxations of others in the office. He does not play bridge. He has played golf only four times in the last year. He has bowled five times and his only recreation consists of an occasional swim when he is at the beach at Key Biscayne or California, or in the summertime at the pool at Camp David, and on weekends when he views a movie or televised sports event. He should say that the President's daily work schedule is the most back-breaking that he has ever observed in a public figure; that the President never takes time off for lunch and, unless he has an official dinner, he works three hours or so after having dinner with the family.

He should point out, nevertheless, that the President remains in excellent health due to very spartan habits - a very light diet, both at breakfast and lunch and even at the State Dinners where he usually passes the dessert. Apparently his walking with the dogs on occasion, and a one-minute running in place at a very high speed early in the morning, seems to keep him in surprisingly good health, but if he, Tkach, had any recommendation it would be to call for more recreation.

Mr. Ziegler

- 3 -

As you can see this will get across our point very powerfully and I think that Tkach could do it with complete credibility. In fact, if he would be willing to do so, he could even make these points on the morning show although probably the better thing to do would be to limit it to the type of direct pool report mentioned above.

Please contact Dr. Tkach and work out a plan for him to put across the points described above and submit a report when you have determined when the President will be taking his physical and on what day Dr. Tkach will make the announcement.

cc: Mr. Chapin ✓

Eyes Only

1 week

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cc: Mr. Chapin

HRH:LH:pm:LH:cg