

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>
50	9	12/13/1970	<input type="checkbox"/>	Campaign	Memo	From RN to Bob Haldeman RE: Press ideas regarding president's health and hard working demeanor. 2pgs.

## DOCUMENT WITHDRAWAL RECORD [NIXON PROJECT]

DOCUMENT NUMBER	DOCUMENT TYPE	SUBJECT/TITLE OR CORRESPONDENTS	DATE	RESTRICTION
N-1 [83]	Memo	RN to HRH, re: opportunities on the PR side...	12/12/70	C(NIXON)
N-2 [84]	Memo	RN to JDE, re: Christmas Salve	12/13/70	C(NIXON)
N-3 [85]	Memo	RN to HRH, re: need to sit down with Kissinger, Moynihan, et al.	12/13/70	C(NIXON)
N-4 [86]	Memo	RN to HRH, re: 'hardworking' president line	12/13/70	C(NIXON)

FILE GROUP TITLE

President's Personal File

BOX NUMBER

2

FOLDER TITLE

Memos - December - 1970

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- G. Withdrawn and return private and personal material.
- H. Withdrawn and returned non-historical material.

Presidential Materials Review Board

Review on Contested Documents

**Collection:** President's Personal Files  
**Box Number:** 2

**Folder:** Memos - December 1970

<u>Document</u>	<u>Disposition</u>		
83	Retain	Close	Invasion of Privacy
84	Retain	Open	
85	Retain	Close	Invasion of Privacy
86	Return	Private/Personal	

THE WHITE HOUSE

WASHINGTON

December 13, 1970

MEMORANDUM FOR BOB HALDEMAN

FROM THE PRESIDENT

I have hit upon what I think is an ingenious idea for getting across the "hard working President" line.

I will be taking my physical examination sometime between now and the end of the year. After the examination is finished the press will want to know the results. Usually, we have Ziegler read some rather dull information in his briefing. I think it might be a good idea in this instance if Ziegler were to very carefully select a small pool, including the two wire services, one or two good network guys, etc., but no more than 5 or 6, and let Tkach give them the results of the examination. The results of the examination should be routine.

It will give him a chance to say, first, that the President's health is excellent; second, he might comment on one or two things 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 both his father and his mother, and that this is something that has been remarkable for him (Tkach) to observe through the years while I was Vice President as well as President even in periods of very great stress. Tkach may balk to an extent on revealing what he calls professional information to the press. But, after all, President's 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 this low-key way it could be enormously effective.

But now comes the point where Tkach can really make some yardage for our side. 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 8 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 that 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 on 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, that his only recreation consists of an occasional swim when he is at the beach in Key Biscayne or California, or in the summer time at the pool at Camp David, and on weekends a movie or a 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 how 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 fast speed in the morning seems to keep him in surprisingly good health, but that he (Tkach) if he had any recommendation, it would be for more recreation.

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 I think the better thing would be to limit it to the type of direct pool report to which I have referred. Consider this and follow through on it if you think the idea is a good one.