

Incumbent and Potential Presidents' Fitness to Lead: Reconsidering the Constitutional Qualifications to U.S. Presidency

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Received: 06/03/2025

Accepted: 12/11/2025

Published: 25/12/2025

Abstract:

Presidents of the United States are arguably holding the most dangerous job in the world given the sensitive constitutional powers they hold in their hands and the key and leading roles America plays internationally. Thus, having the best president with the maximum stamina is paramount to discharge all his/her constitutional responsibilities. This paper discusses whether the constitutional qualifications required for the U.S. presidency are sufficient for electing the best president with the maximum stamina or not. This paper also casts light on the constitutional measures to assess the physical and mental health of incumbent and potential presidents. To achieve so, this paper relied on a descriptive approach wherein the facts are well described and analyzed by focusing on its most important characteristics to reach conclusions that help understand them. The findings showed that the constitutional qualifications are insufficient and stressed the importance of electing presidents with maximum stamina.

Keywords: U.S. Constitution; American Presidents; Constitutional qualifications; Physical stamina; Mental and psychological stamina.

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1. INTRODUCTION

The United States of America is one of the most influential powers in the world due to its multifaceted power in different fields. With its well-developed and striking military power, huge economy and technological advancement, and the leading and dominant role it plays in international institutions such as the United Nations and United Nations Educational, Scientific, and Cultural Organizations (UNESCO), the North Atlantic Treaty Organization (NATO), to name a few. America became a global superpower, thereby raising its importance in the world. This great importance America enjoys nowadays cannot be achieved without the pivotal role played by the series of U.S. Presidents who governed their country. Therefore, given the global influence of the USA, electing the best President who responds to the requisite qualifications is so sensitive, thereby not only captivating Americans' attention but also the attention of the media and people around the whole world.

1. The Problem of the Study

The problem of this study is stated as the following:

- ☐ Are the constitutional qualifications sufficient forelecting fit and healthy presidents?
- ☐ What are the measures and procedures put in place to assess Presidents' physical and mental stamina?

2. The Purpose of the Study

This study seeks to shed light on the set of the required constitutional qualifications necessary for potential presidents to hold the highest and the most difficult job in the world. In addition, this paper seeks to bring to light the health and physical stamina of the American presidential candidates focusing on its importance in paving their way to the White House or being a negative factor that may speed up their failure.

3. The Study Methodology

This study relied on a descriptive approach wherein the phenomenon is well described and analyzed by focusing on its most important characteristics in order to reach conclusions that help understand its nature. Furthermore, this approach stands on incorporating certain tools and auxiliary approaches, like historical curriculum, by evoking the historical developments of the phenomenon that have impacted its current nature.

4. Constitutional Powers of the U.S. President

To maintain order, enforce laws across the country, and maintain the country's best interests, the U.S. Constitution granted the President of the United States, the head of the executive branch, multiple and important powers. He is both the head of the state and the federal government of the United States of America. Broadly, under Article II of the U.S. Constitution, the President is responsible for representing the country in talks with his counterparts and leaders of other countries, negotiating and signing treaties with foreign countries after getting the approval of the Senate, suggesting proposals for Congress about policies and measures that should become laws, usually made in his State of the Union Speech, welcoming ambassadorial representatives of foreign countries, enforcing all laws made by Congress, signing into law the legislation made by Congress or veto that does comply with his vision and agenda, nominating his cabinet members, justices of the federal court system, and other high federal officials, appointing the heads of more than fifty federal commissions, granting pardons to individuals convicted of crimes, and acting as the commander in chief of the U.S. military forces and holds the code of the nuclear weapons (Kryzanek, 2023). So, given all these crucial constitutional powers granted to the U.S. President, choosing the right and fit leader for this job is of great importance for Americans, thereby determining the set of the requisite qualifications is paramount, too.

5. Eligibility to Running for the U.S. Presidency

The constitutional powers of the American President made his job the most dangerous and difficult job in the world (Williamson, 2024). Leading a leading country requires a number of qualifications to be able to discharge all duties and responsibilities listed by the constitution. One may expect a long set of qualifications such as age, intellectual level, a career that is rich in achievements, physical health, etc. However, the U.S. Constitution listed only three qualifications for potential presidents. According to Article II, Section I, Clause 5 of the U.S. Constitution, a candidate for the office of the U.S. President must be at least 35 years of age, be a natural-born citizen, and must have resided in the United States at least for 14 years.

No Person except a natural-born Citizen, or a Citizen of the United States, at the time of the Adoption of this Constitution, shall be eligible to the Office of President; neither shall any person be eligible to that Office who shall not have attained to the Age of thirty-five Years, and been fourteen Years a Resident within the United States. (Arnold, 2018, p. 58)

Accordingly, eligibility for the Presidency is extended to any American citizen who meets the three basic qualifications which consist in the minimum age of 35 years old, enjoying American citizenship, and being a resident in the country for at least 14 years. These basic qualifications were set by the delegates in the constitutional convention after debating them for a long time. Some argued that the highest federal officers should not be foreign-born or debtors while others suggested that they should be landowners; however, a few of them went beyond, suggesting putting no restrictions on who is going to hold the federal job since voters would decide who is the best-equipped candidate (Roos, 2024).

As regards the minimum age for holding a federal job, the delegates proposed different solutions. George Mason of Virginia, for instance, suggested 25 for Congressmen while James Wilson argued for no restrictions on the age, at all. By the end of the debate, the delegates agreed upon 25 for the Representatives, 30 for Senators, and 35 for Presidents and Vice Presidents. As for citizenship, there was a unanimous agreement on requiring citizenship for candidates for federal jobs, referring to it using the term “natural-born citizen” which was a common law term in 18th-century British law. Concerning the office of the U.S. President, it was the only one that received a restriction regarding residency in the United States for 14 years, while Congressmen have to be residents of their respective states only (Roos, 2024). To account for the logic behind this requirement, Joseph Story, a Supreme Court Judge explained it saying that this period of residency is necessary for Presidential candidates to mingle with people so that they can know their characters and merits. Most importantly, such a period of residency enables potential presidents to understand citizens’ interests, principles, and attachments to the federal government. In a nutshell, the framers of the U.S. Constitution, set only three basic qualifications for the presidency, age, citizenship, and residency, leaving the final decision to voters to choose the best-equipped candidate.

Setting a list of the three aforementioned basic qualifications may not be sufficient for choosing the best President or at least singling out the candidates who do not meet the requirements of the Presidency. Moreover, U.S. Presidents usually succeed in winning a second term while it is possible that their health and physical stamina will change or sometimes deteriorate, just like what happened with Former President Franklin Delano Roosevelt (1882-1945; ruled from 1933-1945) or the current President Joseph Robinette Biden (1942; in office since 2021). Accordingly, this may lead to raising concerns about other important qualifications that must be met by presidential candidates. Therefore, transparency regarding the health and physical stamina of the presidential candidates matters a lot to the

American public to aid in assessing their President's fitness, justifying their choice, and ensuring that the chosen President can fulfill the duties he or she is elected for.

6. Transparency About Presidents' Health Fitness

The history of the U.S. presidency comprises several cases regarding health issues of U.S. presidents that required health transparency instead of hiding them from the American public. Siegel (2024), a professor of medicine and medical director of Doctor Radio at NYU Langone Health and a Fox News medical correspondent, maintained that the "American Presidency has never been known for its health transparency" (para. 1), which undermines the U.S. democracy. For instance, President Woodrow Wilson (December 28, 1856 – February 3, 1924; Served from March 4, 1913 – March 4, 1921) contracted the Spanish flu in 1919 when he suffered from a 103-degree temperature causing him a terrible cough and weakness, yet his doctor, Cary Grayson, lied to the press and thus to the American public, maintaining that the president was suffering from a bad cold only (Siegel, 2024, para. 9). In actual fact, Wilson's health status deteriorated in the Paris Peace Conference to the extent that he hallucinated at one point causing the French Foreign Legion to think about arresting him (Siegel, 2024, para. 9). As a result, though recovering later, Presidents' Wilson's weakened health status detrimentally affected his energy and plan to stand up for the Germans rights as intended, thereby chastising Germany economically by Clemenceau which led later to WWII.

History repeated itself with President Franklin Delano Roosevelt (January 30, 1882 – April 12, 1945; Served from March 4, 1933 – April 12, 1945). During his fourth term which lasted for only a few months, from January 20 to April 12, 1945, President Roosevelt's health status deteriorated rapidly as he suffered from out-of-control blood pressure as well as fatigue followed by a fatal cerebral hemorrhage, causing his death on April 12, 1945. His weakened state was clearly noticed by his

counterparts at the Yalta conference who “tried their best to support his health towards the end of World War Two” (Siegel, 2024, para.11). Most important, Roosevelt’s deteriorated health threw President Harry S. Truman (May 8, 1884 – December 26, Served from 1972; April 12, 1945 – January 20, 1953) into the presidency. The latter, as an inexperienced president, found himself doing the hottest job in the world as he had to orchestrate the end of WWII, including using the A-bomb to bring the Japanese to their knees.

However, revealing President Dwight Eisenhower’s health state after being hospitalized for a heart attack in September 1955 made a long leap towards transparency and respecting Americans’ right to know about their president’s health state. Yet, hiding the real health state of President Kennedy represented the return to the first square.

Though he was only 43 when elected, making him the youngest president ever elected to the White House, President Kennedy’s youthful and energetic look hid some health issues he struggled with during his presidency. As a matter of fact, Kennedy was diagnosed with “spinal problems and osteoporosis that left him in chronic pain. He was also afflicted with Addison’s disease, a condition in which damaged adrenal glands don’t produce enough hormones, causing fatigue, digestive difficulties, and low blood pressure. And he experienced severe allergies and urinary tract infections” (Kiger, 2023, para. 2). Therefore, given these health issues, Kennedy took “as many as 12 different medications at once” (Kiger, 2023, para. 3), thereby reflecting the most complex medical history for any American President about to occupy the oval office in the White House.

Similarly, Presidents Nixon and Regan had also witnessed some health issues that were hidden from the American public. In a nutshell, many American presidents witnessed some health issues that sometimes affected their performance and their pictures as the leaders of the leading

country. Such presidents' health issues and their detrimental effects on presidents' performance turn attention to the constitutional qualifications for holding the hottest job in the world. It also poses a serious question about the necessity that the candidates have to reveal positive health reports to gain initial acceptance to run for the presidency.

7. The Required Stamina for the U.S. President

Given the fact that the job of the U.S. president is the most dangerous in the world owing to the great range of powers granted to him as well as America's leading role in almost every sphere of life, choosing the right president who enjoys much stamina is so crucial to discharge all his duties, which makes it of great importance for Americans when making their choice during the presidential elections. In other words, along with fulfilling the basic and constitutional qualifications for holding the office of the U.S. President, it is also vital to guarantee other qualifications, mainly health and physical qualifications, which are of equal importance as the constitutional ones and so decisive in choosing the president of the most powerful country in the world. Therefore, health and physical stamina usually play a key role in the U.S. presidential elections.

During the 2016 presidential elections between Donald Trump and Hillary Clinton, the question of health and physical stamina surfaced as Donald Trump accused Hillary of lacking much of the required stamina. This accusation was announced following Hillary Clinton's attendance at a memorial service for the victims of the 9/11 attacks where a video posted on Twitter showed her surrounded by Secret Service agents requiring help as she was about to fall following stumbling into a van (Neville-Shepard & Nolan, 2019).

Similarly, stamina played a pivotal role in the course of the 2024 presidential elections, namely in determining the political future of the 46TH president, Joseph Robinet Biden. In effect, the results of the 2024 primary

elections matched with speculators' expectations that the 2024 race to the White House will occur again between the incumbent President Joe Biden and former President Donald Trump. However, as many of the same issues that characterize their 2020 presidential race persist, one issue would grow pervasive in the 2024 presidential: the candidates' health and fitness for the presidency since their combined ages make 158 years (Sharp & Sommerlad, 2024).

Effectively, the 2024 presidential race was pervaded by debates over the health of the candidates, particularly that of President Joe Biden. The latter, though he is 81-year-old, was so determined to win a second term in the White House, insisting on his capability to defeat again the likely Republican nominee, Donald Trump. Still, President Biden's age undoubtedly caused a particular concern to voters, especially after exceeding his fair share of gaffes and mistakes he made during his four years in office. These blunders comprised mistaking Egypt for Mexico, confusing world leaders with their long-dead predecessors, forgetting the name of Hamas, Tripping on the steps to the Air Force One, muddling up the wars in Iraq and Ukraine, taking flight at an Air Force graduation, confusing the All Blacks with the Black and Tans in Ireland, attempting to shake his shadow's hand, and napping at COP26 (Sharp & Sommerlad, 2024). All these blunders along with his bad performance in his debate with former President Donald Trump put him under great pressure from media as well as members of the Democratic Party and increased questions about his ability and fitness to rule America for four additional years. Consequently, he stepped aside allowing his Vice President Kamal Harris to emerge and replace him as the candidate of the Democratic Party for the 2024 presidential race.

8. The Impact of Age on Incumbent and Potential Presidents' Stamina

Age is a key factor in determining the political future of the sitting presidents and potential candidates since it greatly impacts their physical and mental health. During the 2024 presidential race, the age of both candidates, Former President Donald Trump and the sitting President Joe Biden, captivated the attention of all Americans, raising their concerns about their ability to discharge their responsibilities given their advanced age. In this respect, Geriatrician Jerald Winakur, an adjunct faculty member in the Division of Geriatrics, San Antonio, Texas, commented on Joe Biden's advanced age saying that "he will be among America's oldest old" if he runs for and wins the second term, referring to his critical health condition that may not help him to meet the challenges of his job (Winakur, 2023, p. 5). Winakur (2023) described President Biden's deteriorated health condition saying:

He's a bit stooped, his gait stiffer, and his voice less forceful. His lifelong stutter is mild but manifests at times. In addition, he has some difficulty with throat clearing... President Biden's stiffened gait is explained by arthritis of the spine, old sports injuries, and a relatively recent right midfoot fracture. A neurological examination showed "no findings which would be consistent with any cerebellar or other central neurological disorder, such as stroke, multiple sclerosis, Parkinson's or ascending lateral sclerosis." His workup did reveal that the president has esophageal reflux — a benign, common condition — as a cause of his throat-clearing. (p. 5)

All the aforementioned symptoms raised serious concerns for both the public and the media, pushing them to wonder about the possibility of diagnosing him with dementia. Winakur (2023) responded by maintaining that making a reasonable and objective assessment of Biden's mental capacity by relying on watching him on TV could be provided by only the most partisan Doctors and geriatricians. In this regard, by relying on his 2023 State of the Union, he assessed his cognitive health, confirming the

absence of all signs of dementia since he was feisty and lively delivered his speech, and appropriately interacted with the audience.

However, Winakur (2023) along with several professional psychiatrists have insisted on the importance and necessity of introducing formal cognitive health assessments of the sitting Presidents as part of the yearly comprehensive physical assessment and publishing the results to the public to uphold democracy in the country. More importantly, other mental health professionals went beyond when required to reveal periodic reports about political figures as an endorsement sign of promoting democracy and transparency; to this end, potential and incumbent presidents waived their privacy rights by releasing periodic reports about their health condition. Still, the former President and 2024 presidential candidate, Donald Trump, did not release any report about his health; President Biden, for his part, released a report about his physical health but mentioned nothing about his psychiatric symptoms, thereby raising skepticism about cover-ups (Smith et al., 2025, p. 1).

However, despite their advanced age, statistics showed that Americans are likely to favor older candidates over others. The change in voters' attitudes towards politicians' health manifested in their growing acceptance of older candidates running for the presidency. In this regard, a 1955 study showed that around 50% of Americans reported that the ideal age for presidents ranges between 45 and 54 years, which complies with the election of President John Fitzgerald Kennedy in 1960 around his 43rd birthday, yet the majority were comfortable with electing President Ronald Reagan in 1981 who was 70 years old. However, a survey conducted in 2008 by NBC News/Wall Street Journal revealed the willingness of over 60% of voters to elect presidential candidates older than 70 years (Markel & Stern, 2008, p. 2559). This cultural shift toward accepting older candidates regardless of their health issues reflects voters' great interest in electing the best-experienced candidate to lead the country and defend its best interests.

9. Measures to Check Sitting and Potential Presidents' Stamina

The case of Joe Biden revived debate over the candidates' health and fitness for the presidency. As aforementioned, American presidents have a long history of hiding their health issues at the expense of democracy, like Presidents James Garfield and Woodrow Wilson who were secretly incapacitated for months, obliging unofficial delegates to struggle to discharge their duties and responsibilities in their stead, which may jeopardize the national security (The Lancet Editorial, 2024, p. 997). Legally speaking, the U.S. Constitution mentioned no provision about the President's inability to fulfill his responsibilities till 1967 when the Twenty-Fifth Amendment was added to the Constitution. This amendment, which comprises four sections, tackled vacancies in the offices of both President and Vice President in addition to the ways of confirming the President's disability to discharge his responsibilities.

The confirmation of the President's disability is addressed by sections 3 and 4 of the said amendment. The third section of the 25th Amendment addresses the inability of the U.S. President when the latter himself or herself transmits voluntarily a written declaration to both the President pro tempore of the Senate and the Speaker of the House of Representatives apprising them of his or her disability to discharge his or her duties as president of the USA, and until he or she sends them another written declaration to the contrary, his or her powers and jurisdictions will be discharged by the Vice President as an Acting President. Accordingly, this provision provides the incumbent President with a chance to declare his inability and regain all his powers once the inability disappears.

Under the terms of section 3 a President who voluntarily transfers his powers and duties to the Vice President may resume these powers and duties by making a written declaration of his ability to perform the powers and duties of his office and transmitting such declaration to the President of the Senate and the Speaker of the House of

Representatives. This will reduce the reluctance of the President to utilize the provisions of this section in the event he fears it would be difficult for him to regain his powers and duties once he has voluntarily relinquished them. (Bayh, 1973, p. 24)

Effectively, Section 3 of the 25th Amendment has been implemented four times since 1967, with Presidents Ronald Reagan in 1985, George W. Bush who invoked it twice, in 2002 and 2007, and Joe Biden in 2021. In the four above-mentioned cases, the Presidents willingly transferred their constitutional powers to their Vice Presidents due to a temporary inability. However, when the President is unable or unwilling to declare his or her disability, the Vice President is authorized to act jointly with the majority of either the Cabinet or another body (a presidential disability review body) as Congress may determine by law, to confirm the President's disability through a written declaration transmitted to the President pro tempore of the Senate and the Speaker of the House of Representatives. Thereafter, the Vice President immediately assumes the President's responsibilities as Acting President.

According to one of the framers of the 25th Amendment, Representative Richard Poff, listed two major cases for invoking Section 4. The first case is when the President gets unconscious or paralyzed due to some physical ailment or sudden accident, thereby being unable to communicate the decision to delegate his constitutional powers to his Vice President. The second case is when the President, due to cognitive debility, is incapable of making any rational decision, including that of stepping aside and relinquishing the powers of office to the Vice President (Shanton, 2024, p. 8). Accordingly, the 25th Amendment reduced the possibility of hiding the President's disability from the public and thus keeping it secret just like what happened with President Woodrow Wilson who, in collaboration with his inner circle, comprising his private secretary, his personal physician, the first lady, and the Secretary of State, managed to

keep his disability top secret till the end of his second term in 1921 (Virtual Mentor, 2000).

However, the 25th Amendment neither determined the relevant degrees and types of the President's inability nor designated who should make the medical assessment upon which rests the important political decision to exempt the President of his Constitutional powers and grant them to his Vice President. In this respect, some said that the White House physician is the one best equipped to make informed medical assessments regarding the President's ability to discharge all his responsibilities. Others, however, posited that an independent panel ought to be designated to make this sensitive medical assessment that may determine the political future of the U.S. President (Virtual Mentor, 2000).

Since its ratification in 1967, the 25th Amendment's fourth section has never been invoked and is likely to meet legal challenges. Furthermore, medical-legal experts criticized the viability and effectiveness of its mechanisms since any law to designate the panel may be vetoed by the President himself (The Lancet Editorial, 2024, p. 997). In this respect, an attempt in 2017 to convene a group of lawyers, physicians, and even former Presidents and Vice Presidents to assess and report on the health of the U.S. President failed to develop beyond a fruitful debate.

For his part, the esteemed physician journalist, Lawrence K. Altman, who regularly interviewed candidates, Presidents, and their physicians for the *New York Times* till 2008 raised some challenges and difficulties that may face the independent panel designated to evaluate and report on the President's health and ability to fulfill his duties. According to him, the challenges may be listed as the following:

How would the doctors' political biases, even medical ones, be established? Would the doctors declare their political party? The leaders they support? Would members of the independent panel

examine the leader? Where? Or do they just review the disclosed information? What if serious disagreement arises among the independent panel members? Would the dissenters write their reports (like the US Supreme Court does)? How would the public interpret such differences of opinion? (The Lancet Editorial, 2024, p. 997).

Despite all the aforementioned challenges and difficulties the independent panel may encounter while making the medical determination, it is quite important to find the best procedures and mechanisms to designate and better equip it with the required and necessary jurisdictions to make an effective medical determination and provide an authentic report about the president's physical and cognitive health and thus his ability to discharge his duties as the President of the USA.

10.Discussion

The U.S. Constitution mentioned three basic qualifications that are paramount and necessary for the presidency. According to Article II, Section I, Clause 5 of the U.S. Constitution, a candidate for the office of the U.S. President must be at least 35 years of age, be a natural-born citizen, and must have resided in the United States at least for 14 years (Arnold, 2018, p. 58). However, U.S. history proved that many presidents were not healthy, so some died in the office such as William Henry Harrison (1773-1841; served from March 4, 1841 to April 4, 1841), Zachary Taylor (1784-1850; served from March 4, 1849 to July 9, 1850), Warren G. Harding (1865-1923; served from March 4, 1921 to August 2, 1923), and Franklin D. Roosevelt (1882-1945; served from March 4, 1933 to April 12, 1945), while others barely finished their presidencies like Woodrow Wilson (1856-1924; served from 1913-1921), Dwight D. Eisenhower (1890-1969; served from January 20, 1953 to January 20, 1961) because they were not healthy. These incidents proved that the constitutional qualifications are not sufficient to guarantee electing the best President to lead the United States

of America. Therefore, to remedy the situation, the 25th Amendment was added to the U.S. Constitution in 1967.

The third section of the 25th Amendment Presidents' voluntary transmission of their constitutional powers to their Vice Presidents after transmitting a letter to the President pro tempore of the Senate and the Speaker of the House of Representatives informing them about their temporary disability to perform their job due to health issues. However, the fourth section dealt with the President's unwillingness or inability to address a letter to the President pro tempore of the Senate and the Speaker of the House of Representatives, providing that the Vice Presidents along with the members of the cabinet address collectively the President pro tempore of the Senate and the Speaker of the House of Representatives informing them about the President's inability to discharge his/her constitutional duties. Ever since its addition to the U.S. Constitution in 1967, some presidents invoked the third section of the 25th Amendment such as President Ronald Reagan, George W. Bush, and Joe Biden, but no one has invoked the fourth section of the 25th Amendment.

However, the 25th Amendment did not set measures to check the incumbent president or presidential candidates' physical and mental health. Given the many examples of U.S. Presidents whose health deteriorated but did not reveal their health reports to the public, many politicians consider it a violation of a sacred right which is knowing about the health situation of their presidents. Revealing presidents' health reports to the public is essential to democratize political life and preserve their right to know about the health of their leaders. In addition, it is paramount to make regular authentic medical assessments of the incumbent president's physical and cognitive health and reveal them to the public to reassure citizens and reinforce their confidence in their political system and political institutions.

Making an authentic medical assessment of the U.S. President's health is of great importance given the sensitive bunch of constitutional powers granted to him/her. Hence, creating and defining the structure of a specific and specialized panel to examine and evaluate the physical and mental health of the incumbent President or even the candidates for the presidency. Efforts to create such a panel failed in 2017. This panel was supposed to comprise former U.S. Presidents and Vice Presidents, and a group of lawyers and physicians. Possible drawbacks to the creation of such an independent panel may include worries that may hinder and affect the authenticity of the medical assessment such as doctor's political biases and their political affiliation, the leaders they support, the place wherein they would examine the President, how to settle possible serious disagreements between members of the panel, would the dissenters write their report like judges of the Supreme Court, and how would people interpret such disagreements. Therefore, despite all these drawbacks, Congress has to address this issue by legislation that provides answers and solutions to the aforesaid questions and worries.

11.CONCLUSION

To conclude, the U.S. President has the most dangerous job to do in the world. He/she was granted a bunch of constitutional powers that affect not only the domestic front but also the international one. Therefore, given the sensitive powers in the hands of the U.S. President, making sure of electing the right and the best president with the required constitutional qualifications is paramount for the future of the country as well as discharging all his duties. Still, the three basic constitutional qualifications, age, nationality, and residency, are not sufficient; other qualifications related to the physical and mental health of the incumbent President or presidential candidates proved to be of great importance and thus have to be taken into account while deciding about the acceptance of their candidacy for the presidency. In this regard, the U.S. Constitution was amended by

adding the 25th Amendment which addressed the issue of transmitting the President's constitutional powers to his/her Vice President.

However, the 25th Amendment did not set measures to make an authentic physical and cognitive medical assessment upon which rests the decision to transmit the President's constitutional powers. Therefore, Congress has to address this issue by passing a law that determines the right measures to evaluate the presidential candidates' stamina and their physical and mental health before accepting their candidacy, and regularly reporting to the public about the incumbent President's physical and mental health to check on his/her ability to discharge their constitutional responsibilities. Consequently, this will surely help significantly in clearing uncertainty that may create polemical political and media debates, thereby upholding democracy and reinforcing people's confidence in their institutions.

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