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Vitamin D, at High Doses, Prevents Fractures**Treatment of Periodontal Disease in Pregnancy Reduces Preterm Birth?****Escitalopram, Sertraline More Effective, Better Tolerated Than Other Newer Antidepressants****Early Treatment for PTSD****Barley Lowers Total and LDL Cholesterol, No Effect on HDL****All Diets Work Equally Poorly****DEPARTMENTS**

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Career Opportunities**About the Cover**

The editorial board of *JNMA* decided to grace the cover of the convention issue with a copy of the very first issue of *JNMA* draped by the 100th-anniversary logo that will appear on every issue in 2009. *JNMA* was authorized by the NMA on August 15, 1908, at its meeting in New York City, although the first issue did not appear until the first quarter of 1909. The seeds for *JNMA* were planted at the 1904 meeting of the NMA in Lexington, Kentucky, when Dr Charles Roman, an ear, nose and throat specialist at Meharry, was elected as “journalist of the association.” The duties of the office were not clearly defined at the time, but in the spring of 1908 Dr H. F. Gamble, chairman of the executive board, and Dr John Andrew Kenney of Tuskegee Institute and the secretary of the NMA began talking about a journal. It was then put before the board and approved the following year. Dr Roman served as the fifth president of the NMA from 1904-1905 and was chosen as the first editor of *JNMA*, with Dr Kenney serving as managing editor. In this arrangement Dr Roman would be the editorial voice of the journal and Dr Kenney would be responsible for the business and financial end.

Dr Roman was generally considered to be one of the greatest scholars, thinkers, and philosophers of his race during that era, and his 1908 quotation that has appeared on the masthead of *JNMA* for many years is an attestation to that observation:

Conceived in no spirit of racial exclusiveness, fostering no ethnic antagonism but born of the exigencies of the American environment, the National Medical Association has for its objective the banding together for mutual cooperation and helpfulness the men and women of African descent who are legally and honorably engaged in the practice of the profession of medicine.

This obviously served Dr Roman, the journal, and the NMA well during their infancy when many, including those in the black business community, did not think that he would succeed. But succeed he did, until 1916, when he passed the baton to Dr Kenney at Tuskegee, where *JNMA* had been published since its inception.

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