



Marie M. Daly



FACT FILE

16th April 1921 - 28th October 2003

Marie M. Daly was an American biochemist and the first African American woman to receive a Chemistry Ph.D. in the United States. Her groundbreaking work led to a new understanding of how diet affects the circulatory system and the heart.

Marie was fascinated by the human body. After her Ph.D. she worked on a seven year research program on how proteins are constructed at the Rockefeller Institute of Medicine. In 1955, Marie returned to Columbia University where she worked on the relationship between high cholesterol, high blood pressure and clogged arteries.

Marie also researched the effects of cigarette smoking on the lungs.

As well as her own research, Marie taught biochemistry courses and encouraged and supported minority students to enrol in medical and science programs. In 1988 she founded a scholarship for minority students wanting to study science at Queen's College in New York.

Marie's achievements are all the more incredible when you consider that she was educated at a time when a college education was thought to be impossible for many African American students.



ACTIVITY

Investigate how exercise affects heart rate.

EXERCISE AND HEART RATE

You'll need:

A stopwatch

Pen/Paper

Record your pulse rate at rest, by counting pulse beats on the wrist for 1 minute.

Run around outside or do star jumps for 1 minute.

Immediately record your pulse rate again. Rest for 1 minute.

Record pulse rate again.

How long does it take for your pulse rate to return to resting level?

