

Marie M. Daly



FACT FILE

16th April 1921 - 28th October 2003

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

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 Rockefeller Institute of Medicine. She returned to Columbia University in 1955 and after that the Albert Einstein Collage in New York, where she worked on the relationship between high cholesterol, blood pressure and clogged arteries.

Marie was one of the first people to research the effects of cigarette smoking on the lungs.

As well as her own research, Marie taught biochemistry courses while encouraging and supporting 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.



Queens College Silhouette Yearbook, Public domain, via Wikimedia Commons

ACTIVITY

Investigate how exercise affects heart rate.

Exercise and Heart Rate

You'll need:

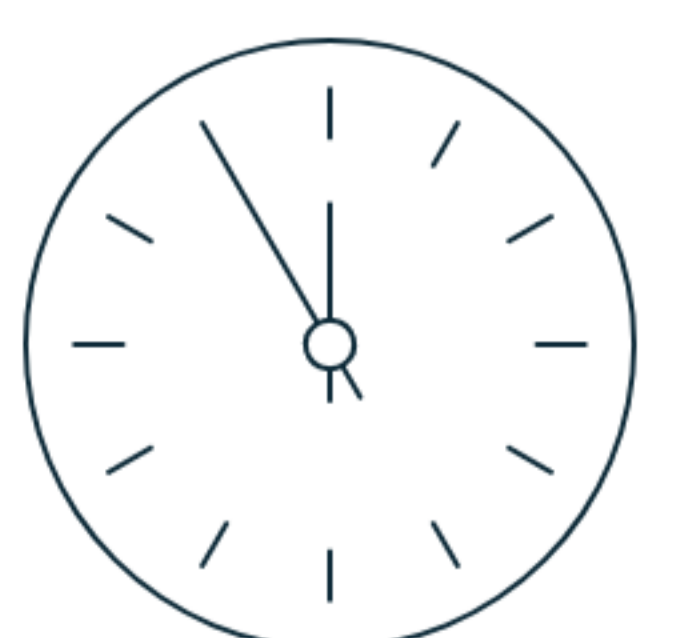
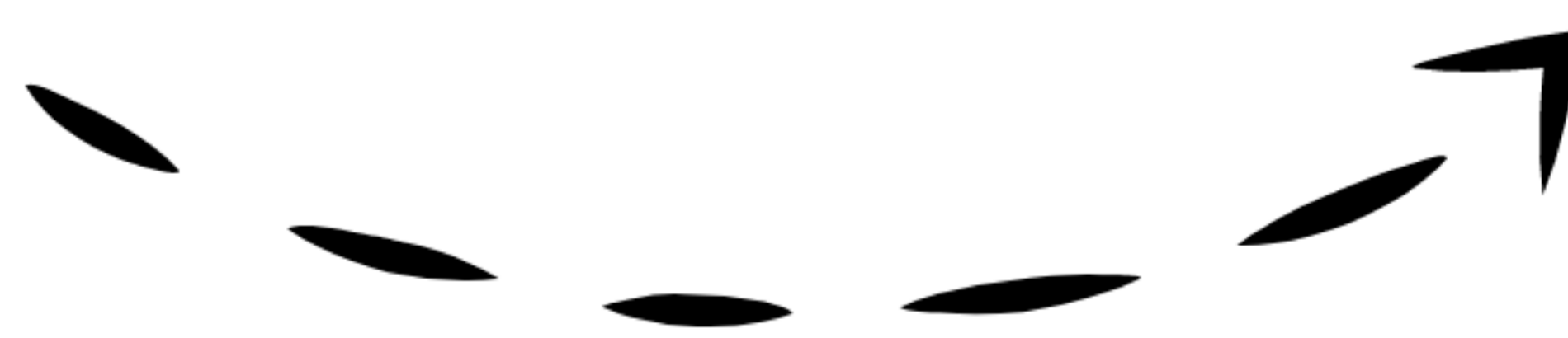
A stopwatch

Pen and paper

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

Run around or do star jumps for 1 minute. Immediately record your pulse rate again. Rest for 1 minute and then record pulse rate again.

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



Science Sparks™

Adult supervision required. You are responsible for your own safety.

www.sciencesparks.com