The reading is discussing the problems which have been proposed to solve the problem of sending astronauts to Mars. Mars is 150 times further away from earth than moon. The lecturer, however, find some solutions in order to have round-trip to Mars.

 First of all, the author argues that sending human to Mars take 2 years, but a trip to the moon just take a few days, so carrying large amount of cargoes is impossible due to the fact that the vehicle does not have enough space for bringing essential materials like water, food and oxygen. The lecturer, on the other hand, underlies the fact that astronauts use hydroponic in order to grow plants and they can cultivate food crops in spacecraft. They recycle water and produce clean water to drink. All plants absorb Co2 and release O2, hence astronauts can breathe fresh air. So they thanked hydroponic.

Secondly, the reading contents that astronauts experience zero-gravity in Mars. Since they spend a long period of time there, so it has negative effects on their bodies. The lecturer finds solutions which astronauts can manage zero-gravity. They exercise regularly to prevent decreasing muscle mass and take vitamin and calcium to slow down decreasing bone density.

Finally, the reading claims that there is dangerous radiation on Mars which emits by sun. Constructing a shield protect for space craft is impossible, because it can add too much weight to ship. However, the lecturer explain a solution to protect astronauts from solar radiation which they are not dangerous all time. Sun radiation happens occasionally, and a small shelter shield does not add much weight to ship, so they can use shield until solar radiation pass.