The author of reading accounts for problems of sending human to mars. The writer believes that moon missions didn’t encounter to these types of difficulties while they went to the moon. The professor possesses the conviction that there are solutions which will be fruitful to figure out the problems.

The writer contends that astronauts will have some difficulties with food, oxygen and water due to the long duration of traveling to mars. The speaker makes the point that astronauts can use hydroponics which is beneficial for growing plants in water rather than soil and in this way plants demand a small place for growing. Moreover, she says, this substance allows astronauts to cultivate food in spacecraft and they can recycle wasted water; thereby, they are capable to collect clean water. It should be considered that astronauts can breathe fresh air too.

Next, the writer claims that expending a vast amount of time on mars which is zero-gravity will lead to detrimental effects on human’s body, like decreasing muscles mass and bone density. The professor points out that during previous moon missions, astronauts have learned several techniques in order to manage the effects of zero-gravity. For instance, regular exercises prevent decreasing in muscle mass and minerals such as calcium decelerate the decrease in bone density.

Finally, the author mentions that astronauts on the mission to mars would be exposed to hazardous levels of solar radiation. The lecturer puts forth the idea that solar radiations are dangerous occasionally and will not jeopardize human’s health always. She believes that missions can avoid the detrimental effects of solar radiation by equipping spaceships by the means of particular instruments in order to monitor solar radiation. In addition she says that they can utilize small shelters which don’t have much weight and they can protect astronauts against radiations.

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