

Review of: "A Case for Nature in Long-Haul Space Exploration"

Krzysztof Lewandowski¹

¹ Wrocław University of Science and Technology

Potential competing interests: No potential competing interests to declare.

The issue of creating quasi-natural rest conditions for astronauts on long space flights in the form of audio-visual and sound presentations is a very good one. However, current technology is quite poor. It is worth pointing out that there are only experimental stations on the ISS itself, not an entire module just for relaxation. In the case of a very long flight, it is worth investing in a so-called bio module, which would not only be used for relaxation, but also for active rest. It would have, for example, a stationary treadmill in front of a screen with a recording of your favorite route for running before flying into space. Not to mention that if astronauts could look after the vegetables they grew, it would be salutary for their psyche. It's worth pointing out that back in the 1970s, the film *Silent Running*, 1972, there is this theme. Space is very dangerous because of radiation, as well as micrometeorites. There is not a word about it in this paper. The paper is very general, and does not cite any biological results from the ISS, or even the Mir station. It is suitable for printing as a presentation of ideas, but I would recommend the authors to develop a new one. I would recommend expanding it to include these issues. In it, they would cite known results of environmental effects on the human body, as well as plants and other animals.