

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

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I read this paper and the reviews with interest as the paper reminds us that while we have developed amazing technologies to allow us to travel to far away spaces and inhabit zero gravity atmosphere using special suits and armors, our human bodies and minds need nurturing through old fashioned means. One of these needs is to commune with nature and absorb its marvelous sensory input. The authors briefly review the strong evidence of the beneficial effects of nature exposure. These papers describe various ways to experience nature from being in wilderness to urban green spaces and walking on the ocean shores and listening to crashing waves and so on. But putting aside these wonderful physical interactions, the authors discuss the need to focus on how to make exposure to nature available to people in space vehicles in a manner similar to those who are incarcerated, aged or otherwise challenged. Fortunately, there is considerable research available showing the positive effect of videos, sound effects and virtual reality goggles on special populations that cannot access nature otherwise.

The paper is well written and brings to our attention the power of nature and frailty of human body/mind and suggests ways to help the latter using technology to space travelers to bring the most fundamental and necessary experience we all take it for granted on this Earth. For me, any well-reasoned communicate that reminds us about the importance of conserving nature for future generations is worth publishing.