Efforts are already underway to create human settlements beyond Earth. If these efforts are successful, how will subsequent generations of humans by affected by life on other planets, like Mars? Studies of astronauts on the International Space Station have provided a wealth of information about the effects of spaceflight on the human body and mind. Likewise, the biological basis for adapting to new environments is well understood by the biologists that study isolated populations of plants and animals here on Earth. By combining these two fields of study we can make meaningful predictions about how each generation born on Mars will be better adapted to life on the red planet than those that came before.

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