3.7b

Benefits in using docker are that sizes are usually smaller when you have for example Linux distro that is stripped down to essential things what you need to run for your needs.

Other benefits when comparing to "old way" to install and test different environments you would actually got to have the hardware when now more or less any good computer would do don't need run long installation process or install different possible drivers.

In world of software engineering there might also come situations when you need for example run test process in different version environments and installing new operation system or having several computers would be not only expensive but also time consuming. When running testing processes or any multi environments quite easy with possibility to have several Docker containers in one computer. Of course the computer must have the computing power to run several systems in one but most likely much cheaper then owning several computers.

In Possibility of computer fault meaning mostly hard drive malfunctions or upgrading to new system would be much faster when having the docker container(s) moved to new system making possible downtime quite small compared to again install/configuration process