How to Suture - Practise Stitching On A Banana

Categories : Health/Fitness

You're out in the woods or in a disaster scenario and medical help is days away at best. If a member of your family suffers a deep cut, would you be confident to stitch them up?

If not, bananas are excellent for practising on. In fact they are used all over the world in medical schools for students to practise on.

This is a very important skill to master for preppers, survivalists and anyone else who spends time in the wilderness. Get your bananas and get practising!