



## The Month Gawne By

## July 2019

### What Happened?

S&P [500 closes at new record](#) after US-China trade truce.

US economic growth enters [record breaking 121<sup>st</sup> month](#).

Consumer Price Inflation (CPI) is one of the data points the Federal Reserve considers when determining the path of interest rate, the current [target is 2%](#). Inflation was higher than expected in June, bringing the [year over year rate to 2.1%](#).

The Federal Reserve [reduced interest rates for the first time since the financial crisis](#) and hinted that it may cut rates again this year.

US Congress agreed to a [federal budget deal](#), avoiding a shutdown. The deal suspends the debt ceiling (limit on the amount the US Government can borrow) and is expected to grow the federal debt by \$2 trillion ([US Debt](#)).

The [pace of US retail store closures](#) is at an all-time high.

China's economic growth is at the [lowest level since 1992](#).

Pessimistic outlook for [China's tech sector](#).

[The largest purchaser of stocks over the last 9 years is stocks!!](#) Or more accurately publicly listed corporations have purchased \$3.8 trillion worth of their own stocks (more than all other purchasers combined; individuals, mutual funds, pension funds, foreign investors) over the past 9 years according to Federal Reserve data compiled by Goldman Sachs.

### Markets (as of July 31<sup>st</sup>, 2019)

Stocks	Benchmark	July	YTD
Canada	<a href="#">S&amp;P TSX Composite</a>	0.15%	14.55 %
United States	<a href="#">S&amp;P 500</a>	1.31%	18.89%
International	<a href="#">MSCI EAFE</a>	-1.31%	10.31%
Emerging Markets	<a href="#">MSCI Emerging Markets</a>	-1.69%	3.43%
World	<a href="#">MSCI ACWI</a>	0.17%	15.07%

Bonds	Benchmark	July	YTD
Canada	<a href="#">FTSE TMX Canada Universe Bond</a>	-0.01%	6.51%
United States	<a href="#">Bloomberg Barclays US Aggregate</a>	0.07%	6.19%
World	<a href="#">Bloomberg Barclays Global Aggregate</a>	-0.49%	5.05%

Currency	July	YTD
CAD / USD (Source: ThomsonOne)	0.00%	-3.68%

### Articles of Interest

Why [mosquitoes single you out](#) and what you can do about it. [We need insects](#) more than they need us.

Secret Montreal Lab (which began life in a bathtub) makes [used plastic new again](#).

There are [16 million slaves around the world](#) making our stuff.

Map of the [4,000 exoplanets](#) discovered by NASA.

The World Health Organization has added [gaming disorder](#) to a draft of its latest revision to the International Classification of Diseases.



The [disturbing sound](#) of the human voice.

[Coffee shaming](#).

The new [race to the moon](#).

Study shows [those with the least understanding of science had the most science-opposed views](#), but thought they knew the most.

Meatless meat and [beanless coffee](#). This scene from the movie, [The Fifth Element](#), is getting closer to reality.

In real life, [Simba's mom](#) would be running the pride.

Don't worry, [you're used to dying](#).

How [listening to music has changed](#) over the years.

## Video

["Prospect"](#) Netflix

A teenage girl and her father travel to a remote alien moon, aiming to strike it rich. They've secured a contract to harvest a large deposit of the elusive gems hidden in the depths of the moon's toxic forest. But there are others roving the wilderness and the job quickly devolves into a fight to survive.

Winner of the Yauch Hornblower Award at the 2018 SXSW Film Festival.

## Books

["The Neurogenesis Diet and Lifestyle: Upgrade Your Brain, Upgrade Your Life"](#) Brant Cortright

We sometimes take our brains for granted. Ancient Egyptians [believed that the heart was the center of emotion, thought, and personality](#). The brain was not preserved like the heart, liver, lungs, stomach and intestines, it was removed through the nose and discarded. Our brains are responsible for every aspect of our being. This book shares general ideas on how to best take care of it. Though not rocket science (eat well, exercise, and learn), I found the knowledge I gained very useful and am comforted by the fact we are able to continue to grow brain cells throughout our lives.

## Health

An in depth article about [Strava, a social fitness tracker](#) that I like to use to track my mountain bike rides.

## Food

The [difference between](#) jam, jelly, preserves, marmalade, & fruit spreads.



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