



The Month Gawne By

September 2019

What Happened?

The Bank of Canada [kept interest rates on hold](#) at 1.75%.

The US Federal Reserve [lowered interest rates](#) but signaled it was not likely to do so again this year.

The price of oil experienced its [largest increase in over 30 years with record trading volumes](#) after a drone attack on Saudi Arabian crude facilities.

UK Supreme Court ruled that [parliament shut down illegally](#).

Donald Trump's [tweets are increasingly impacting the volatility of markets](#) according to a bot developed by JP Morgan.

Markets (as of September 30th, 2019)

Stocks	Benchmark	September	YTD
Canada	S&P TSX Composite	1.32%	16.31%
United States	S&P 500	1.72%	18.74%
International	MSCI EAFE	2.54%	9.85%
Emerging Markets	MSCI Emerging Markets	1.69%	3.65%
World	MSCI ACWI	1.91%	14.26%

Bonds	Benchmark	September	YTD
Canada	FTSE TMX Canada Universe Bond	-0.84%	7.79%
United States	Bloomberg Barclays US Aggregate	-0.53%	8.52%
World	Bloomberg Barclays Global Aggregate	-1.02%	6.32%

Currency	September	YTD
CAD / USD (Source: ThomsonOne)	-0.75%	-2.94%

Articles of Interest

Facebook is [funding experiments](#) to create a device that reads your mind.

How TikTok is [changing the world](#) and you're missing it. The genius of TikTok is its simplicity. An algorithm curates your unique page based on your watching habits and likes. The feature that sets this app apart from Reddit or Instagram is how the creator is credited and people are encouraged to copy and interpret in their own way the original idea.

What a Nobel-winning economist specializing in urban planning [learned from Burning Man](#).

Visualizations of the world's use of [polyethylene terephthalate \(PET\)](#) bottles. In the past 10 years, 4 trillion plastic bottles have been sold. If placed in a pile, they would create a mountain that is 2.4 km high.

10 [myths about the mind](#).

[Drinking tea may improve brain health](#). A study published in the scientific journal, *Aging*, found those who consumed either green tea, oolong tea, or black tea at least four times a week for about 25 years had brain regions that were interconnected in a more efficient way.

Another [interstellar object](#) will pass through our solar system, but this time scientists are ready for it.

[Wi-Fi launched 20 years ago](#) on September 15th, 1999.

Battery icons shape people's [perception of time and space](#).

[Antibiotic resistance has been found in dolphins](#), mirroring the trend on land.

One of my favourite cartoons, [Far Side](#), is returning.

The [physical demands of chess](#). A Russian grandmaster was found to burn 560 calories in two hours of sitting and playing chess, comparable to what Roger Federer would burn during an hour of playing tennis.





A pharmaceutical company has put [peanut flour in a pill capsule](#) and named it, "Palforzia," They are petitioning the FDA to approve their new peanut allergy drug with an annual cost of \$4,200 per year.

I did not know who Daniel Johnston was until I learned of his death. Very interesting character with simple and relatable songs.

New [theory of obesity](#).

US inequality reaches [highest level in 50 years](#).

Water isn't the [most hydrating](#) beverage. Don't tell that to Adam Sandler.

Books

["Indistractable: How to Control Your Attention and Choose Your Life"](#) Nir Yal

The author of Hooked, Silicon Valley's handbook for making technology habit-forming, takes the opposite perspective in Indistractable. I was happy to learn that I have implemented several of Nir's suggestions in my life already. Distraction is not unique to this time in history. Ancient Roman philosopher Seneca wrote, "People are frugal in guarding their personal property; but as soon as it comes to squandering time, they are most wasteful of the one thing in which it is right to be stingy." If you are interested in learning how to make the most of your time, this is a good book to read.

Video

[The Mind, Explained](#) – Netflix

A series about the mind. Episode topics include: The Brain, Memory, Dreams, Anxiety, Mindfulness, and Psychedelics. You're sure to learn something about human nature by watching.

Music

Daniel Johnston, who is [credited with influencing Nirvana](#), passed away at age 58. From his Spotify bio, "despite recurrent bouts off delusional behavior wherein he has physically endangered himself and others, Johnston has carved out a respectable, influential career as a singer/songwriter ... (Kurt Cobain was often photographed wearing a Daniel Johnston T-shirt)."

Daniel Johnston's [Tiny Desk performance](#).



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