



The Month Gawne By

January 2020

What Happened?

Video: [Bank of Canada keeps key rate unchanged](#), but sees weakness ahead.

[More Canadians are filing for insolvency](#) than we've seen since the financial crisis.

Video: [Federal Reserve holds rates steady](#).

US economic confidence at [highest point](#) since 2000.

Chart: [US GDP growth slows](#) to 2.3% in 2019.

90 years of [US economic growth](#).

[US-China trade war timeline](#).

US and China sign [Phase One trade deal](#).

China [can't make trade deal commitments](#)

China's [growth slows to its lowest level](#) in 29 years, GDP was 6.1% in 2019.

International Monetary Fund [lowers growth expectations](#).

The United Kingdom is [no longer a part of the European Union](#).

Hidden dangers of the [great index fund takeover](#).

The market cap of Tesla is equal to Ford and GM combined. The market cap of Apple is equal to the DAX (all the companies in the German equity market).
 – Exemplar Growth and Income Weekly Commentary January 10th

Video: [Top 10 risks in 2020](#).

Markets (as of January 31st, 2020)

| Stocks | Benchmark | January | YTD |
|------------------|---------------------------------------|---------|--------|
| Canada | S&P TSX Composite | 1.49% | 1.49% |
| United States | S&P 500 | -0.16% | -0.16% |
| International | MSCI EAFE | -2.12% | -2.12% |
| Emerging Markets | MSCI Emerging Markets | -4.69% | -4.69% |
| World | MSCI ACWI | -1.17% | -1.17% |

| Bonds | Benchmark | January | YTD |
|---------------|---|---------|-------|
| Canada | FTSE TMX Canada Universe Bond | 2.91% | 2.91% |
| United States | Bloomberg Barclays US Aggregate | 1.92% | 1.92% |
| World | Bloomberg Barclays Global Aggregate | 1.28% | 1.28% |

| Currency | January | YTD |
|--------------------------------|---------|-------|
| CAD / USD (Source: ThomsonOne) | 1.54% | 1.54% |

Of Interest

100 years ago (January 17, 1920), the US instituted a [national ban on the manufacture and sale of alcohol](#). Americans are now drinking more than when Prohibition was enacted.

[Temperance movement and prohibition timeline](#).

Why it's [so hard to quit drinking](#).

[All the world's wealth](#) in one visual.

The world's [richest 500 people gained \\$1.2 trillion](#) in wealth in 2019.





Only the [top 20% of Americans have recovered](#) since the great recession.

[Kakeibo](#): The Japanese art of saving money.

[108 billion humans](#) have been born.

200 years of [human progress](#).

[Xenobots](#), they're neither a traditional robot nor a known species of animal. It's a new class of artifact: a living, programmable organism.

Earth sized exoplanet discovered in [habitable zone](#).

The [outsized influence](#) of your middle-school friends.

An [internet that never forgets](#) is especially bad for young people.

The biggest and most detailed map of [a fly's brain](#).

Photos from [Wuhan under quarantine](#).

The [scariest place on earth](#), the Thwaites Glacier in Antarctica. It has the potential to raise sea levels by more than a foot and a half. It also braces the entire West Antarctic Ice Sheet, which could raise sea levels by almost 10 feet.

[Organizing hacks](#). The tweet sums it up better than I can, 1) this is awesome 2) I won't do any of it

Music hit [1 trillion streams](#) in 2019.

Books

[“Can't Hurt Me: Master Your Mind and Defy the Odds”](#)
David Goggins

I first learned of David Goggins after a friend shared an appearance of his on Joe Rogan's podcast. If David Goggins life was a video game, the difficulty would be set at insane. If you want to learn about what the human body is capable of, give this book a read. He compares our minds to the governor in a car. Remove the governor and you can unleash your full potential.

Video

[Gravitricity](#) – A different way of storing energy.

[You are a strange loop](#) – who you are is largely determined by your external environment.

Health

Podcast: [The Incredible Power of Celery Juice](#). After listening to this podcast, I've had celery juice every morning. I've had a cold the entire time, so the jury is still out.

By 2030, nearly half of all [US adults will be obese](#).

Being wealthy [adds 9 years to life expectancy](#).

Food

[The economics of all-you-can-eat buffets](#). I'm convinced I'm a loss leader for all-you-can eat sushi restaurants.

From Rob & Martha's Kitchen

'Tis the season for cold and flu. One sure thing? Homemade chicken soup. Martha and I have been trying to perfect it, but [this recipe](#) has been our general base. We don't use sausage, we roast and peel our peppers and we make our own stock from good ol' store bought rotisserie chicken carcass. Shred the chicken first and you have yourself a terrific starting point. Bon Appetit!



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