

**National Currency Watch** 2019-07-05

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
USD	22.4 mg	1.5%	-3.9%	-9.6%
CAD	17.1 mg	1.2%	-1.7%	-9.4%
EUR	25.1 mg	0.0%	-4.2%	-13.3%
JPY	0.207 mg	0.8%	-4.3%	-7.8%
CNY	3.16 mg	-0.1%	-5.8%	-15.0%

**Digital Token Watch** 2019-07-05

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
Bitcoin (BTC)	245.90 g	-10.2%	34.9%	49.5%
Ethereum (ETH)	6.45 g	-6.1%	13.8%	-44.3%

**Bond Watch** 2019-07-05

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
US 1-3 Year (SHY)	1.89 g	1.3%	-3.8%	-6.3%
US 20+ Year (TLT)	2.97 g	1.4%	-2.0%	0.5%

**Equity Watch** 2019-07-05

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
DJIA	603.01 g	2.7%	1.3%	-0.1%
S&P 500	66.98 g	3.1%	1.7%	-1.2%
Nikkei 225	4.49 g	3.0%	0.2%	-7.0%
Euro STOXX FEZ	0.86 g	2.0%	-0.4%	-10.9%
HUI	4.32 g	0.9%	10.9%	-2.8%

**Commodity Watch** 2019-07-05

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
Crude Oil	1.29 g/bbl	-0.2%	7.0%	-28.7%
Platinum	18.64 g/oz	3.2%	-3.3%	-11.0%
Palladium	35.26 g/oz	4.8%	12.4%	50.3%
Silver	0.341 g/oz	1.4%	-1.5%	-13.8%
Copper	59.7 mg/lb	-0.6%	-2.5%	-14.4%
Coffee	24.9 mg/lb	3.0%	7.8%	-8.0%
Cotton	14.8 mg/lb	6.4%	-7.4%	-26.9%