

National Currency Watch 2019-07-19

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
USD	21.6 mg	-2.2%	-6.6%	-15.4%
CAD	16.5 mg	-2.5%	-4.6%	-14.3%
EUR	24.2 mg	-2.5%	-6.6%	-18.3%
JPY	0.201 mg	-2.0%	-6.1%	-11.4%
CNY	3.12 mg	-2.1%	-6.0%	-17.1%

Digital Token Watch 2019-07-19

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
Bitcoin (BTC)	227.51 g	-12.9%	6.0%	19.3%
Ethereum (ETH)	4.78 g	-21.7%	-22.2%	-60.8%

Bond Watch 2019-07-19

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
US 1-3 Year (SHY)	1.83 g	-2.1%	-6.6%	-12.3%
US 20+ Year (TLT)	2.85 g	-1.1%	-7.1%	-6.5%

Equity Watch 2019-07-19

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
DJIA	586.64 g	-2.9%	-4.4%	-8.4%
S&P 500	64.31 g	-3.4%	-5.0%	-10.2%
Nikkei 225	4.30 g	-3.0%	-5.5%	-16.4%
Euro STOXX FEZ	0.82 g	-3.3%	-6.2%	-18.2%
HUI	4.56 g	2.8%	9.3%	4.5%

Commodity Watch 2019-07-19

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
Crude Oil	1.20 g/bbl	-9.7%	-3.4%	-32.3%
Platinum	18.74 g/oz	3.7%	0.8%	-8.1%
Palladium	33.66 g/oz	-2.0%	-3.4%	48.7%
Silver	0.358 g/oz	7.0%	3.5%	-8.2%
Copper	60.2 mg/lb	1.0%	-3.6%	-12.3%
Coffee	23.2 mg/lb	-1.6%	4.1%	-16.6%
Cotton	13.6 mg/lb	-1.6%	-9.9%	-39.1%