

National Currency Watch		2019-11-01			
		Change from			
	Price in Gold	Week ago	Month ago	Year ago	
USD	20.6 mg	0.3%	-2.3%	-18.4%	
CAD	15.7 mg	-0.3%	-1.6%	-18.6%	
EUR	23.0 mg	1.0%	-0.1%	-20.1%	
JPY	0.191 mg	0.7%	-2.6%	-14.9%	
CNY	2.91 mg	-0.1%	0.1%	-20.1%	

Digital Token Watch		2019-11-01			
		Change from			
	Price in Gold	Week ago	Month ago	Year ago	
Bitcoin (BTC)	190.91 g	7.3%	8.4%	18.5%	
Ethereum (ETH)	3.79 g	1.7%	0.7%	-24.9%	

Bond Watch		2019-11-01			
		Change from			
	Price in Gold	Week ago	Month ago	Year ago	
US 1-3 Year (SHY)	1.74 g	0.3%	-2.2%	-15.0%	
US 20+ Year (TLT)	2.89 g	1.8%	-4.0%	3.9%	

Equity Watch		2019-11-01			
		Change from			
	Price in Gold	Week ago	Month ago	Year ago	
DJIA	563.76 g	1.8%	0.5%	-12.1%	
S&P 500	63.22 g	1.8%	1.9%	-8.7%	
Nikkei 225	4.36 g	0.9%	1.7%	-10.3%	
Euro STOXX FEZ	0.81 g	1.4%	3.1%	-9.7%	
HUI	4.51 g	2.6%	4.7%	19.3%	

Commodity Watch		2019-11-01			
		Change from			
	Price in Gold	Week ago	Month ago	Year ago	
Crude Oil	1.16 g/bbl	-0.5%	2.4%	-28.0%	
Platinum	19.27 g/oz	0.7%	3.6%	-10.5%	
Palladium	37.13 g/oz	1.6%	6.0%	34.7%	
Silver	0.374 g/oz	0.3%	3.4%	2.3%	
Copper	54.7 mg/lb	-0.5%	1.2%	-20.4%	
Coffee	21.4 mg/lb	4.9%	0.2%	-28.0%	
Cotton	13.2 mg/lb	-0.7%	2.9%	-33.7%	