

**National Currency Watch** 2019-11-22

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
USD	21.2 mg	0.2%	1.4%	-16.2%
CAD	16.0 mg	-0.3%	-0.1%	-16.7%
EUR	23.4 mg	0.0%	0.5%	-19.0%
JPY	0.195 mg	0.2%	1.3%	-12.9%
CNY	3.01 mg	-0.3%	2.2%	-17.3%

**Digital Token Watch** 2019-11-22

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
Bitcoin (BTC)	154.97 g	-13.9%	-8.4%	40.0%
Ethereum (ETH)	3.19 g	-16.6%	-12.5%	-8.0%

**Bond Watch** 2019-11-22

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
US 1-3 Year (SHY)	1.80 g	0.2%	1.5%	-13.0%
US 20+ Year (TLT)	2.97 g	1.7%	2.0%	4.4%

**Equity Watch** 2019-11-22

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
DJIA	592.05 g	-0.3%	5.5%	-4.6%
S&P 500	66.06 g	-0.2%	5.3%	-1.7%
Nikkei 225	4.52 g	-0.6%	4.3%	-7.0%
Euro STOXX FEZ	0.84 g	-0.5%	3.7%	-4.8%
HUI	4.48 g	0.5%	5.1%	16.4%

**Commodity Watch** 2019-11-22

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
Crude Oil	1.23 g/bbl	0.3%	7.6%	-11.5%
Platinum	19.14 g/oz	2.2%	3.0%	-10.7%
Palladium	37.49 g/oz	2.5%	2.1%	28.7%
Silver	0.365 g/oz	2.0%	-1.2%	-0.9%
Copper	56.5 mg/lb	1.0%	2.4%	-20.4%
Coffee	24.6 mg/lb	9.1%	18.6%	-15.1%
Cotton	13.8 mg/lb	0.2%	1.9%	-31.1%