

National Currency Watch 2024-07-26

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
USD	13.0 mg	0.7%	-3.6%	-17.6%	-40.5%	
CAD	9.4 mg	0.1%	-4.5%	-21.2%	-43.2%	
EUR	14.2 mg	0.5%	-2.0%	-19.1%	-41.9%	
JPY	0.085 mg	3.1%	0.7%	-24.7%	-57.9%	
CNY	1.80 mg	1.9%	-1.4%	-17.5%	-43.0%	

Digital Token Watch 2024-07-26

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Bitcoin (BTC)	885.36 g	2.6%	7.8%	90.6%	309.6%	
Ethereum (ETH)	42.73 g	-5.8%	-6.1%	44.9%	785.9%	
Crypto Index (CCi30)	7,441.84 g	3.3%	2.3%	50.2%	133.0%	

Bond Watch 2024-07-26

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
US 1-3 Year (SHY)	1.07 g	1.0%	-2.7%	-13.6%	-38.3%	
US 20+ Year (TLT)	1.21 g	0.8%	-3.8%	-22.0%	-54.2%	

Equity Watch 2024-07-26

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
DJIA	529.09 g	1.5%	0.0%	-5.8%	-11.1%	
S&P 500	71.16 g	-0.1%	-4.0%	-1.5%	7.4%	
Nikkei 225	3.19 g	-3.1%	-4.4%	-13.1%	-26.9%	
Euro STOXX (FEZ)	0.66 g	1.5%	-2.9%	-10.0%	-21.2%	
HUI	3.82 g	-0.6%	5.9%	-1.4%	-15.8%	

Commodity Watch 2024-07-26

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Crude Oil	1.006 g/bbl	-3.0%	-8.1%	-19.3%	-18.3%	
Platinum	12.20 g/oz	-2.3%	-10.0%	-19.7%	-35.6%	
Palladium	11.84 g/oz	-0.5%	-6.7%	-40.3%	-64.7%	
Silver	0.362 g/oz	-3.9%	-7.2%	-7.3%	0.5%	
Copper	53.5 mg/lb	-2.0%	-9.4%	-13.1%	-9.2%	
Coffee	30.0 mg/lb	-2.6%	-2.0%	16.3%	37.4%	
Cotton	8.6 mg/lb	-4.9%	-12.4%	-39.5%	-39.1%	