

National Currency Watch 2024-01-19

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
USD	15.3 mg	1.3%	0.6%	-5.4%	-36.7%	
CAD	11.4 mg	0.9%	-0.3%	-5.2%	-37.7%	
EUR	16.7 mg	0.8%	-0.1%	-4.5%	-39.3%	
JPY	0.104 mg	-0.8%	-2.3%	-18.0%	-53.1%	
CNY	2.09 mg	0.4%	-0.7%	-12.4%	-40.6%	

Digital Token Watch 2024-01-19

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Bitcoin (BTC)	637.86 g	-1.7%	-0.9%	86.6%	606.3%	
Ethereum (ETH)	38.17 g	-0.1%	12.0%	55.5%	1,202.4%	
Crypto Index (CCi30)	6,575.00 g	-1.6%	4.5%	46.1%	237.3%	

Bond Watch 2024-01-19

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
US 1-3 Year (SHY)	1.26 g	1.0%	1.0%	-2.3%	-34.0%	
US 20+ Year (TLT)	1.44 g	-1.2%	-4.3%	-15.2%	-45.6%	

Equity Watch 2024-01-19

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
DJIA	578.88 g	1.8%	1.2%	8.1%	-3.3%	
S&P 500	74.21 g	2.5%	2.1%	17.4%	14.7%	
Nikkei 225	3.72 g	0.3%	5.8%	11.7%	-18.4%	
Euro STOXX (FEZ)	0.72 g	1.0%	-1.3%	4.0%	-14.4%	
HUI	3.35 g	-5.0%	-11.1%	-19.0%	-8.2%	

Commodity Watch 2024-01-19

			Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago	
Crude Oil	1.126 g/bbl	2.4%	0.6%	-13.9%	-13.6%	
Platinum	13.81 g/oz	-1.6%	-5.4%	-16.9%	-28.8%	
Palladium	14.44 g/oz	-4.2%	-19.8%	-47.1%	-56.6%	
Silver	0.350 g/oz	0.2%	-4.0%	-8.0%	-6.7%	
Copper	58.1 mg/lb	2.6%	-2.2%	-15.3%	-11.8%	
Coffee	28.4 mg/lb	4.2%	-7.9%	13.3%	11.7%	
Cotton	12.9 mg/lb	4.6%	6.3%	-4.8%	-28.1%	