

National Currency Watch 2025-12-26

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	6.9 mg	-4.3%	-7.9%	-42.2%	-58.5%
CAD	5.0 mg	-3.5%	-5.0%	-39.2%	-61.0%
EUR	8.1 mg	-3.8%	-6.3%	-34.5%	-59.9%
JPY	0.044 mg	-4.6%	-7.9%	-41.8%	-72.5%
CNY	.99 mg	-3.6%	-6.6%	-38.8%	-61.2%

Digital Token Watch 2025-12-26

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	600.65 g	-5.2%	-11.2%	-47.2%	37.0%
Ethereum (ETH)	20.14 g	-5.9%	-11.0%	-49.2%	93.8%
Crypto Index (CCi30)	3,652.02 g	-5.9%	-16.7%	-62.2%	-18.2%

Bond Watch 2025-12-26

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.57 g	-4.2%	-8.3%	-40.7%	-56.7%
US 20+ Year (TLT)	0.60 g	-4.1%	-10.9%	-41.5%	-74.9%

Equity Watch 2025-12-26

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	335.12 g	-3.1%	-5.4%	-35.0%	-33.1%
S&P 500	47.68 g	-2.9%	-6.4%	-33.6%	-22.4%
Nikkei 225	2.24 g	-2.2%	-5.6%	-25.3%	-47.6%
Euro STOXX (FEZ)	0.445 g	-3.4%	-5.0%	-23.3%	-35.8%
HUI	5.14 g	-0.2%	3.7%	54.2%	3.0%

Commodity Watch 2025-12-26

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.390 g/bbl	-3.9%	-10.9%	-52.9%	-51.2%
Platinum	16.51 g/oz	19.3%	41.3%	47.9%	-2.5%
Palladium	12.72 g/oz	4.0%	21.0%	15.7%	-67.1%
Silver	0.519 g/oz	9.4%	32.8%	47.4%	21.5%
Copper	39.7 mg/lb	1.5%	4.0%	-18.1%	-32.9%
Coffee	24.1 mg/lb	-1.6%	-21.6%	-37.6%	15.3%
Cotton	4.44 mg/lb	-3.2%	-5.4%	-45.8%	-64.9%