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Author	Bradley Tooke
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Bradley Tooke, *Day's Pause III*, 2026
Ink monoprint on paper, 27cm x 17c

Day's Pause III

Bradley Tooke

Independent Artist

Time binds ... naked flesh is bound into socially meaningful embodiment through temporal regulation.

Elizabeth Freeman, *Time Binds: Queer Temporalities, Queer Histories*

Smoking has been a part of what I have done every day for twenty years now, excluding some failed attempts to kick the habit. Sometimes it's more present, sometimes less, but it's pretty much always been there. As I now am in the midst of another attempt to kick the habit, I find myself thinking on what it does that makes it so difficult to break the addiction. What makes something which is so very clearly bad for our bodies so difficult to rid from ourselves?

While this is perhaps a more poetic view than the habit deserves, smoking has always offered a pause, a boundary, a moment. It's through these pauses that, for me, smoking has inevitably become the punctuation of a day. Those (roughly) twenty moments of a day when you prepare yourself.

The full stop after completing a task, the dash between approaching and doing something daunting, the ellipses of not saying or doing something you do not want to. Days are punctuated by it, integrated into it.

I find myself, now attempting to not smoke, wondering what do I do when I have finished a task? How do I bookend that? What marker, act, activity, denotes the end of one thing and the beginning of another?

The work given is about this habit. A print of smoke patterns in tar black on one composite sheet of twenty cigarette papers – representing a day's smoking.

Works Cited

Freeman, Elizabeth. *Time Binds: Queer Temporalities, Queer Histories*. Duke University Press, 2010. *Duke University Press Books*, <https://doi.org/10.1215/9780822393184>.