

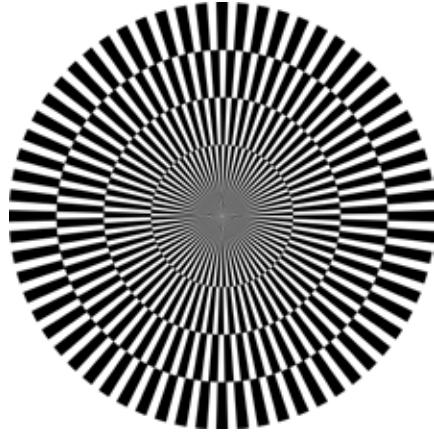
QUANTIFIED SELF

# QUANTIFIED SELF

Michelle Browne, Cliona Harmey, Saoirse Higgins & Bea McMahon  
in collaboration with Shimmer Research

18 OCTOBER TO 3 DECEMBER 2011

PUBLISHED BY THE LAB, DUBLIN CITY COUNCIL ARTS OFFICE



"QUANTIFIED SELF AT THE LAB IS PART OF INNOVATION DUBLIN 2011, WHICH TAKES PLACE ACROSS DUBLIN FROM 17TH OCTOBER TO 18TH NOVEMBER. THE FESTIVAL DEMONSTRATES DUBLIN'S CAPACITY TO INSPIRE, INTERACT AND INNOVATE. IN A CHALLENGING GLOBAL ECONOMIC ENVIRONMENT OUR CAPACITY FOR INNOVATION HAS BECOME VERY IMPORTANT. FOR THE THIRD YEAR RUNNING INNOVATION DUBLIN HIGHLIGHTS THE INNOVATION AND CREATIVITY THAT IS HAPPENING ACROSS THE CITY IN SO MANY FIELDS. IT WILL REINFORCE DUBLIN'S INTERNATIONAL POSITION AS A LEADING LOCATION FOR ENTREPRENEURSHIP, INVESTMENT AND CREATIVE THINKING."

John Tierney, DUBLIN CITY MANAGER

"Innovation comes from people meeting up in the hallways or calling each other at 10.30 at night with a new idea, or because they realised something that shoots holes in how we've been thinking about a problem. It's ad hoc meetings of six people called by someone who thinks he has figured out the coolest new thing ever and who wants to know what other people think of his idea."

STEVE JOBS (1955-2011) – BUSINESS WEEK 2004

The LAB Gallery shows emerging artists and emerging ideas. Increasingly, these ideas have led to collaborations and intersections with other disciplines including art, design, technology, science, astrology, architecture, dance, music and more. We have a core community of artists and we build our audiences through creating a range of ways for people to engage further.

The positive energy of Innovation Dublin provided the impetus to further explore connections between technology and art. In recent years, *Shimmer Research* has been consistently flagged in the media as a key example of Ireland's smart economy, a positive story for recessionary times; an innovative company with growing exports. Dublin is a connected city and I knew Shimmer's Vice President, Kieran Daly. I called him to see if he might be interested in exploring the possibilities that might arise from collaborating with some Dublin based artists.

I invited artists: Michelle Browne, Cliona Harmey, Saoirse Higgins and Bea McMahon to consider the idea. They agreed to find out more. We met together at the LAB earlier this year and discussed our approaches and the possibilities and challenges presented by working together. Shimmer Research, we learned, offered the promise to facilitate new ways of working, while also creating a particular parameter. The technology offered the artists the means to measure a range of data using wearable sensors that could then transmit the findings in real time. As such, much thought went into what made sense for each artist to measure in relation to their ways of working, how that measuring might actually work, and how these ideas and experiments might form an exhibition together.

What we soon discovered was that the technology was as much about the people as the hard and software. It emerged very quickly that *Shimmer Research* were open to the risk taking inherent in an artists practice and had plenty to contribute to the conversation, thought processes and problem solving.

Since then the processes of discussion, thinking, building and un-building, filming, gambling, walking and dressage, programming, synthesizing, reading and discovering have evolved to create this exhibition and the accompanying events programme, Quantified Self.

Technology is allowing us to see and measure things in our bodies in ever increasing detail, but has this science far outstripped our ability to understand the significance of these new observations? The idea of Quantified Self considers the idea of self knowledge through numbers. There is also a sense that it is only by sharing the measurements









## ONE LETTER POEM // Bea McMahon

*One letter poem*<sup>1</sup> is a projected moving image and sound work. Footage, shot in one take, of a horse and rider performing a dressage routine was synchronized in post-production with an electronic sound track. Shimmers attached to the horse during filming generated the data that was converted into the aforementioned sound track.

The arrangement of the Shimmers was 12 motion sensors on the horse's legs, 1 on the spine of the rider, and one monitoring the horse's heartbeat. A few Shimmers didn't come on (the rider's spine being one of them) but the amount of data used to create the sound track had to be substantially pared back anyway. Eight shimmers - the 4 x-axes of the hooves, 3 y-axes of the shins and the horse's heart-beat were used to generate the sound. As part of the experiment I had wished to include the rider's movements and heart rate in order to see if a sonic sense of intent or communication between horse and rider could be captured. The two hearts would have had to share a frequency and a technical glitch meant it wasn't to be.

Dennis McNulty and I worked on translating the data into sound. He created Max/Msp patches to filter noise from the data and then built a picture of the horse in motion with sine waves as sonic blocks. Sine waves were the only way we could get a sense of movement into the sound score - other wave forms, like saw tooth or square waves, hid the detail of movement recorded by the shimmers, and any form of triggered sounds obliterated it altogether. To assign pitch values to the sine waves we began with 440 Hertz and multiplied and divided up and down the joints of the horse's legs in keeping with a Pythagorean spirit:

*"the whole universe is arranged according to attunement, and the attunements is a system of 3 concords. The fourth the fifth and the octave, and of these 3 concords the proportions are found in the four numbers 1, 2, 3, 4"*

What became significant in making this work is the type of relation possible between the data collected by the Shimmers and the horse, the horse as a measured being or as a symbolic 4-legged form. What became apparent to me (and this is just a feeling) was that the data sat firmly outside of the horse/symbol; it had no penetrative qualities. I thought about it a little more and remembered George Boole, who severed the relationship between symbols and things (in Cork in the 19th Century). With his symbolic or Boolean logic, and idempotent operators that don't leave a trace on their subjects, he paved the way for the computer revolution of the 20th century.

And so, by casting the horse in the role as a missing letter from some alphabet and by digitally inserting a hole into the arena with the horse, I wanted to invoke something that falls between Simone Weil's chagrin at Boole's destruction of the relation between a sign and the thing signified, and Emily Dickinson's poem "To fill a gap." I also wanted to add an element of danger to the poem - in the form of a potential accident in which the horse falls into the digital hole. The Italian phrase *Traduttore traditore* or "translator, traitor" perhaps sums up this work; where a lacuna is created by the act of representing measuring reality and the thing itself is left in an unutterable and unreasonable state.

"Measure [is] a form of insight that has to fit the overall reality in which man lives"  
- Werner Heisenberg

1. The title is inspired by Ian Hamilton Finlay's revolutionary concept of *One Word Poems*
2. Simone Weil, translated by Arthur Wills; Gravity and Grace; (New York: Putnam:1952); p.209
3. <http://www.repeatafterus.com/title.php?i=6214>

Exhibitions include *Warp and Woof (with Anna Barham) at the Centre for Contemporary Arts, Glasgow 2011*, *<trinity> at Flat Time House, Peckham, London 2011*, *Nothing is Impossible at The Mattress Factory, Pittsburgh 2010*, *Two-fold at the Green on Red Gallery 2010*, *Third Sinop Biennial, Turkey 2010* and *The Curated Visual Artist's Award, The Douglas Hyde Gallery (Dublin) 2008*. She has been awarded a residency at the *Rijksakademie van beeldende kunsten, Amsterdam beginning in 2012* and received the *Curated Visual Artist Award in 2007*. She is represented by the *Green on Red Gallery, Dublin* and is included in the collections of the *Irish Museum of Modern Art, the Office of Public Works and the Arts Council of Ireland*.



*One letter poem*  
Video stills  
2011

## SECOND NATURE: A RESPONSE TO QUANTIFIED SELF

Rachel O'Dwyer

The Information Age, a term variously applied by critics to new modes of economy, sociality and governance emerging alongside the confluence of digitally networked media, does not refer to the proliferation of computational technologies so much as the conflation of life itself with informatics. Immaterial commodities in the form of information, knowledge and culture succeed the material good as the primary centre of economic value. Sovereign power, concerned with the administration of bodies and the calculated management of life is contingent on the parallel flow of psychographic and biometric information through networks. Identity itself becomes inflected with technoscientific processes involving the aggregation, filtering and manipulation of data, such that broader economic, civic and social quanta are increasingly central to the production of subjectivity. To speak of a 'self' then, is already to speak of a quantum, a politics of the body that draws the subject into conference with an expanded metrics of value.

The show *Quantified Self* brings together a number of artists working across media and performance with *Shimmer Research*, developers of wearable sensors with multivariate applications to kinematic, biometric and context-aware data. Forming part of the remit of *Innovation Dublin*, artists were invited to collaborate with Shimmer technicians to speculatively engage the capabilities of the wireless platform.

What emerges is a practice that is at once akin to the organising principles of the Knowledge Economy and separate from these. Where art is an expanding constituent in this economy as a cultural commodity, an affective force, and increasingly a component in what constitutes innovative models of research and development, the artist is charged with drawing these sentient objects into a realm where their connections with others can begin to make sense. At the same time, the fluidity of associations that gather together around these objects trouble the limits of statistical representation.

The development of widespread quantification techniques are historically contingent with the intensification of the body as both an object of knowledge and an element in the relations of power. It's tempting to situate this process in recent cybernetics and an epistemic practice that treats both biological and mechanical apparatuses as variously sensing and actuating systems. The quantified self has a broader legacy. Such histories are difficult to unpack. Two narratives emerge in a processual fashion; on one hand the gradual distribution of physiological and psychophysical processes across technical apparatuses<sup>1</sup> and on the other, the statistical representation of the body as a mechanism that is, in many ways, a reflection of the mechanical nature of media itself.<sup>2</sup>

<sup>1</sup> The literal application of human and animal body parts in mechanical processes is a feature of early media. The first ear phonoautograph, developed in 1874 by Alexander Graham Bell and his assistant Clarence Blake a predecessor of all modern audio technologies, used excised human ears appended to a stylus in order to trace the mechanical vibrations of the inner ear as etchings on paper. (Jonathan Sterne, *The Audible Past* (London, Duke University, 2003).

<sup>2</sup> Linda Williams, 'Film Body: An Implantation of Perversions', in *Explorations in Film Theory: Selected Essays from Cine-tracts*, ed. Ron Burnett, (Indiana: Indiana University Press, 1991), 46-71.

In *Quantified Self* this mutual contingency is traced through visual culture, in particular the by turns honorific and repressive<sup>3</sup> legacy of the photographic image. Here, glimpses of archival references in the character of Muybridge or Bertillon<sup>4</sup> resurface through the lens of pervasive media. Photographer Eadweard Muybridge's *The Horse in Motion* (1878) pioneered successive exposure techniques to reduce the equine gait to a series of discrete postures performed against a grid-like background. This was later expanded to a photographic study in human motion of all kinds and subsequently quantified under a graphic notation system for eight fundamental systems of progressive motion. As well as influencing contemporaries such as Etienne Jules de Marey, Muybridge's imagery had a practical application in biomedical science, anthropometry, engineering and artistic endeavours of the time.<sup>5</sup> Taking the earlier practices of photographers such as Muybridge and Marey to their biopolitical conclusion, the work of husband and wife team, Frank and Lillian Gilbreth, informed scientific management through a time-lapse analysis of the production line. The physical routines of workers were abstracted from the factory to the photographer's studio. Repetitive actions were captured and subsequently broken down into discrete increments. Once stratified, the body in motion could be reassembled against a Taylorist managerial model concerned with economy of movement and the efficient application of the labouring subject. The outcomes are at once quantitative analyses of the body and seductive images, where aesthetics, in this instance, are part of a broader rationale that transmutes life from the qualitative towards the quantitative, which is to say from nonmedia to media.<sup>6</sup> Control is no longer exercised *on* the body as *through* the body.

In *Sliver, Watch and Instrument* Cliona Harmey teases out the social construction of biomedical imaging techniques. This process culminates in a series of objects that draw together traces of measuring and recording apparatuses around the grain of an antiquated medical photography. Engaged with the circuitous and nonlinear histories of science and technology, Harmey's practice frequently challenges the grand narratives that clothe media archaeology. For *Quantified Self* the focus is on the mutual progression of x-ray imaging and early photographic apparatuses. Here, the uncoupling of functional components from their position among a complex assemblage returns the solid objects of today to fluid states where their connections with absent bodies can begin to be glimpsed. If we allow that pervasive media devices embody corporeal postures that may normalise some relations and discourage others, these sculptural objects in turn anticipate and guide the posture of the user. They ask that we adopt a position specular to the object and submit our own selves as a unit of measure.

*One letter poem* is a moving image work by the artist Bea McMahon featuring a choreographed dressage sequence. Dressage involves the framing of equine

3 Allan, Sekula, 'The Body and the Archive', in *October* Vol. 39 (Winter, 1986) 3-64.

4 At a similar time and situated within a broader practice of anthropometry concerned with the statistical management of populations, Alphonse Bertillon developed an empirical system to correlate the physiological dimensions of Parisian criminals with a photographic database, in an attempt to catalogue repeat offenders. The system consisted of eleven precision measurements of the body thought to remain constant in adulthood, which were in turn associated with a photographic record of the offender.

5 Muybridge informed painters of the time such as Edgar Degas.

6 Alex Galloway, *Protocol: How Control Exists After Decentralisation*, (London: MIT Press, 2004).

gaits and routines. The work seems to echo the earlier stop-motion techniques of Muybridge, not only for its subject matter, but also for the situation of animal and rider within a grid like alphanumeric arena. Aggregated data produced by a pulse rate monitor and accelerometers appended to the animal's limbs are used to synthesise an audio track which accompanies the dressage sequence. Kinematic movement is mapped to oscillating sine waves. These in turn are additively combined in a system based around Pythagorean divisions of the octave. This poem is written twice over, once in code, and again in natural language.

In his essay *The Body and the Archive*, theorist Allan Sekula describes the many ways in which the early photographic image was tied up in the reduction of bodies to a numeric or textual shorthand that assisted in the statistical management of the labouring subject.<sup>7</sup> Flesh becomes code, part of a heterogeneous assemblage that is variously transferred, invested and exchanged. At the same time, the reproduction of the body by means of various imaging techniques across x-ray or cinematography resists quantisation, because the image is not a conventional lexical unit. While the affective object embodies a practico-symbolic power that may rationalise and individuate controlling interests, it makes itself open in turn to an array of shifting significations. Both Harmey and McMahon play with the implantation of symbolisms that frustrate the dominant lexicon - the poetic, circumstantial, and idiosyncratic elements that escape circulation within a binary system. The vast concatenation that we call the body, while increasingly subject to quantification, frustrates attempts to discretise, compress or smooth the contours of the self.

The proliferation of the network as a dominant organisational logic, and its technological deployment through vast assemblages of sentient media, brings the quantified self to the fore. We encounter its hypertrophy in the convergence of sentient systems with networking capabilities, a sociotechnical condition commonly known as ubiquitous computing. Ubiquitous Computing references a model of computation where cognitive technologies migrate from the traditional desktop framework to become nested in everyday contexts. Contemporary innovations such as mobile Internet devices, locative media, ambient interfaces, wireless sensor networks and the 'Internet of Things' all fall within this remit.<sup>8</sup>

If anything is new, therefore, it is the spatiotemporal extent of such complex mediations; the easy reproduction and transmission of what we might here call 'self-generated content' that facilitates its circulation in distributed networks of value and abstraction. Now more than ever the subject is constituted within the network. The micro-integration of cognitive technologies into personal networking devices advances a situation in which the body is an instrument not only in the instantiation of knowledge or external power relations, but in self-production and a labour theory of value that extends to the substrate body. Cognitive techniques are increasingly distributed and chemical fluctuations no longer confine their routines to a subcutaneous system. It follows that we can trace the computational imaging of the DNA

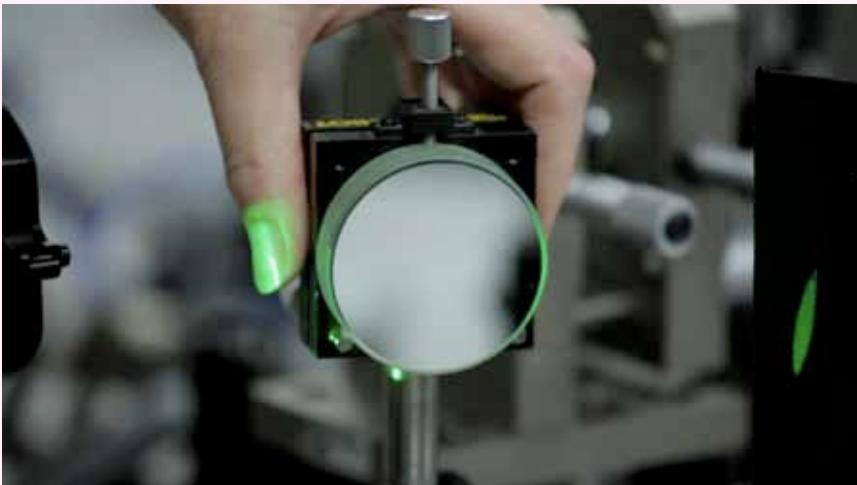
7 Sekula, 'The Body and the Archive', op.cit.

8 Adam Greenfield, *Everyware: the Dawning Age of Ubiquitous Computing*, (London: New Riders Publishing, 2006).



## EVENTS

All events take place at the LAB, are *free* but places must be prebooked by emailing: [artsoffice@dublincity.ie](mailto:artsoffice@dublincity.ie)



Jennifer Brady  
*Technology Autonomous*  
Video stills  
2011

October 26th

SECOND NATURE

Time: 18.30 – 20.30

*Description:* This series of presentations provides a public overview and insight into some of the issues engaged by the show *Quantified Self*.

With the proliferation of intelligent systems for the monitoring and aggregation of human-generated content, including psychographic, geographic and biometric data, we are faced with a number of interrelated issues. How have bodies across history influenced not only cognitive processes but the ongoing design of sentient systems? What new forms of self-knowledge might emerge through networked and pervasive media? As life itself is integrated with artificial systems concerned with storage of information, processing and decision making, what might the future implications be for human cognition?

This event features a number of short presentations from experts in areas such as artificial intelligence, embodied cognition, philosophy, anthropology, art and computer science. This will include Kieran Daly from *Shimmer Research*, Dr John Kelleher (DIT) speaking on the embodied turn in Cognitive Science, Tim Stott (DIT) who will provide an overview of Foucault's theory of Biopower, Dr. Cathal Gurrin from DCU's lifelogging research lab, Musician Mark Linnane, and *Quantified Self* artist Michelle Browne, among others in areas such as biomedical science, biometric identification and neuroanthropology.

November 2nd

HISTORICAL FAILURES, SCIENCE FICTIONS AND TECHNOLOGICAL FUTURES

Time: 18.30 – 20.30

*Description:* An evening of artists' film screenings followed by conversations with *Quantified Self* artist Cliona Harmey and artist Jennifer Brady in relation to innovation.

*Technology Autonomous*- the film shot in the Dublin Institute of Technology's optics research laboratory documents the construction of a holographic image, while a voice off screen recites extracts from Dennis Gabor's 1972 book *The Mature Society: a vision of the future*. In the text, Gabor, the inventor of holography, describes his vision of future technology. The electronic score by Andrew Fogarty was produced from a collection of sound recordings of various motors and synthesizers. [Film duration 5 min 6.]

November 9th  
DRAWDIO WORKSHOP  
Time: 14.30 - 16.00  
Places: 12 only

*Description:* Workshop with artist and designer Benjamin Gaulon

This workshop allows participants to make a musical instrument through drawing patterns using an ordinary pencil. Based on the popular Drawdio, this workshop uses an Arduino (a popular Open Source Microcontroller) and a graphite pen to generate various electrical modulations converted into musical tones by an Arduino board.

This workshop is open to anyone with no electronic or programming background and is a fun way to experiment and learn the basics of Arduino and physical computing.

Participants are asked to bring their own laptops where possible, ideally with free software Pure Data <http://puredata.info/downloads> and Arduino <http://www.arduino.cc/> pre-installed.

November 16th  
BODY RHYTHM WORKSHOP  
Time: 18.00 - 20.00  
Places: 12 only

*Description:* Workshop with artist and designer Benjamin Gaulon

This workshop will allow participants to use biometric data to control their computer. The material covered will teach participants the basics of biometric sensing and actuating systems through the use of Pure Data audio processing software and Arduino (a popular Open Source microcontroller)

This workshop is open to anyone with no electronic or programming background and is a fun way to experiment and learn the basics of Arduino and physical computing. Participants are asked to bring their own laptops where possible, ideally with free software Pure Data <http://puredata.info/downloads> and Arduino <http://www.arduino.cc/> pre-installed.

November 23rd  
'GOITE (come here)'  
Time: 19.30  
Places: 12 only

*Description:* Networked performance of music and dance with Maria Coleman and Emma Meehan -

Using the Body Response System (BRS) developed by Coleman, this piece will see Emma Meehan improvising with the system, where her physical movements trigger audio and visual responses. Creating an playful, intimate atmosphere, the audience will also be invited to get in on the action.

*Coleman is a new-media artist and musician based in Donegal. She collaborates with dance and theatre practitioners to create experimental, playful multimedia shows based around movement and interactivity. Currently completing a PhD entitled 'Body Responsive Media Environments' in the DIT, she combines installation techniques begun during her Fine Art degree from LSAD, with music and media technology skills learned in MMT, Trinity College.*

*Emma Meehan has a background in physical theatre and movement, and has worked as a performer with numerous Irish companies. She has recently submitted her doctoral thesis at Trinity College, Dublin, on the performances of Irish experimental dancer and choreographer Joan Davis. Alongside this research, Emma has been training with Davis and devising her own work using Davis's somatic movement approach.*

November 30th  
MAKING THINGS PUBLIC  
Time: 19.00 - 20.45

*Description:* Panel discussion

This panel will explore some of the issues emerging around a society increasingly contingent on the economy, governance and politics of information. The discussion will address the ethico-political implications of pervasive computing, engaging issues such as digital policy, dataveillance, internet censorship and copyright.

In light of this broader discussion, we turn our attention to cultural practices as a way of tactically engaging with the politics of information societies. Art becomes a strategy for making things public: dissembling complex systems, visualising and representing information and providing a meta-commentary which might bring public issues to the fore.

Panel members include Minister for Communications Eamon Ryan discussing digital policy, Professor Rob Kitchin from NUIM and recent author of Code/Space (MIT Press, 2011) , Quantified Self artist Bea McMahon and Dr. Aphra Kerr from the Department of Sociology in NUIM working across new media and gaming. The session will be chaired by Dr. Michael John Gorman, director of the Science Gallery, Trinity College Dublin .

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