A homotopy 3-sphere $M^3$ is a compact, simply connected 3-manifold without boundary. After the work of Moise [6] and Bing [1] $M^3$ possesses a triangulation. The Poincaré conjecture [9] states that every homotopy 3-sphere $M^3$ is a 3-sphere. In this paper we prove three theorems, related to the Poincaré conjecture, about maps of a 3-sphere $S^3$ onto $M^3$ and about 1- and 2-spheres in $M^3$.

1. Theorems 1 and 2, concerning maps $S^3 \to M^3$ and closed curves in $M^3$.
From the work of Hurewicz [5], Part III, it follows that there exists a continuous map $\varphi : S^3 \to M^3$ of degree 1 (where $S^3$ means a 3-sphere). We shall prove that there exists an especially simple map of this kind.\footnote{Received April 10, 1965.}

**Theorem 1.** If $M^3$ is a homotopy 3-sphere then there exists a simplicial map $\gamma : S^3 \to M^3$ of degree 1 such that the singularities of $\gamma$ (i.e. the closure of the set of those points $p \in M^3$ for which $\gamma^{-1}(p)$ consists of more than one point) lie in a (polyhedral, compact) handlebody in $M^3$.

One might consider this result as a step towards a proof of the Poincaré conjecture. Indeed, if it were possible to restrict the singularities of $\gamma$ to a 3-cell in $M^3$ instead of a handlebody the existence of a homeomorphism $S^3 \to M^3$ would follow.

From Theorem 1 we may derive another aspect of the Poincaré problem by considering simple closed curves in $M^3$.

From the definition of simple connectedness it follows that every closed curve $C^1 \subset M^3$ bounds a singular disk $D^2 \subset M^3$. If $C^1$ is a tame, simple closed curve then one can find a $D^2$ which is also tame and possesses only “normal” singularities (see [7], [8]), i.e. double curves in which two sheets of $D^2$ pierce each other, triple points in which three sheets pierce each other, and branch points from each of which one or more double arcs originate; the triple points, the branch points, and the interiors of the double curves are disjoint from the boundary $\partial D^2$ of $D^2$, but the double curves may have end points in $\partial D^2$.

As Bing [2] has proved, $M^3$ is a 3-sphere if (and only if) every tame, simple closed curve $C^1 \subset M^3$ lies in a (compact) 3-cell in $M^3$. The statement that $C^1$ lies in a 3-cell $D^3 \subset M^3$ is equivalent to the statement that $C^1$ bounds a “knot projection cone” $\partial D^2$ in $M^3$, i.e. a (tame) singular disk whose singularities are one branch point $P$ and double arcs originating from $P$, being pairwise

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\footnote{Theorem 1 is a consequence of a “monotonic mapping theorem” announced by Moise in [6a]; however the proof is different from Moise’ proof.}