# DISTANCE SPHERES AND MYERS-TYPE THEOREMS FOR MANIFOLDS WITH LOWER BOUNDS ON THE RICCI CURVATURE 

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## Introduction

Let $M$ be a complete connected riemannian manifold of class $C^{r}, r \geq 3$, and dimension $d \geq 2$. One of the results still viewed by many to be one of the most important as well as the loveliest concerning the global properties of such a space is the following work of S. Myers (1941).

Theorem. Suppose that the Ricci curvature of $M$ is bounded from below by a positive constant $m$. Then the diameter of $M$ is no larger than

$$
\pi \sqrt{(d-1) / m}
$$

In particular, $M$ is compact.
Here, the Ricci curvature is viewed as a function on the unit tangent bundle of $M$. Attempts at generalizing and refining this theorem have received considerable attention. Most notably, there are the works of W. Ambrose [1], E. Calabi [4, 5], A. Avez [2], S.T. Yau [18, 19], K. Shiohama [17], G.J. Galloway [9], S. Markvorsen [13], and J. Cheeger, M. Gromov, and M. Taylor [7]. In the present paper, our purpose is to prove

Main Results (Theorems 3.3 and 3.5). Let $m$ be any given constant, not necessarily positive. Assume that the Ricci curvature of $M$ is bounded below by (resp. strictly greater than) m. Suppose that there exists a point $p \in M$ and a number $r \in \mathbb{R}_{+}$such that the distance sphere in $M$ with center $p$ and radius $r$ has mean curvature away from its singularities greater than (resp. greater than or equal to $\sqrt{|m|}$. Then the diameter of $M$ has a finite upper bound, and hence $M$ is compact. In the first case, the upper bound on the diameter can be explicitly estimated in terms of the supremum of the mean curvature.

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