

## TOTAL ABSOLUTE CURVATURE AND EMBEDDED MORSE NUMBERS

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### Abstract

In this paper we use techniques of Morse theory to compute, under mild hypotheses, the infimum of the total absolute curvatures  $\inf \tau(M^m \subset \mathbf{R}^w)$  for the smooth embeddings  $M^m \subset \mathbf{R}^w$  in a given isotopy class.

### 1. Introduction

In 1929, W. Fenchel [8] showed that a circle immersed in  $\mathbf{R}^3$  has (normalized) total absolute curvature (cf. §2 for the definition) at least 2 with equality only for the boundary of a convex planar disc. This was followed in 1949 by work of Fary [7] and Milnor [19] who showed that a knot in  $\mathbf{R}^3$  has total absolute curvature more than 4. Since that time there has been considerable effort to obtain lower bounds for the total absolute curvature  $\tau$  of a closed manifold immersed or embedded in Euclidean space in terms of the topological invariants of the situation and to study the consequences of small curvature (cf. e.g. Borsuk [1], Chern & Lashof [3], [4], Ferus [9], Fox [10], Kuiper & Meeks [15], Langevin & Rosenberg [17], Meeks [18], Pinkall [28], Sunday [32], and Wintgen [37]).

Recall that a Morse function on a smooth compact manifold  $M$  is a smooth real valued function on  $M$  whose critical points are all nondegenerate. The Morse number  $\mu(M)$  is the minimum of the number of critical points of the Morse functions on  $M$ . For  $m \neq 3, 4$  or 5 this is the same as the number of cells in the smallest CW complex with the simple homotopy type of  $M$  (cf. Appendix 2.7). In 1958 Chern and Lashof [4] proved that for an immersion  $\tau(i) \geq \mu(M)$ , and raised the problem of determining the infimum of  $\tau(i)$  as  $i$  varies over some class of maps, such as all immersions, a regular homotopy class of immersions, all embeddings, or an isotopy class of embeddings. In particular they formulated:

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