# Spherical rigidities of submanifolds in Euclidean spaces 

Dedicated to Professor Buchin Su for his 100th birthday

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#### Abstract

In this paper, we study $n$-dimensional complete immersed submanifolds in a Euclidean space $\boldsymbol{E}^{n+p}$. We prove that if $M^{n}$ is an $n$-dimensional compact connected immersed submanifold with nonzero mean curvature $H$ in $\boldsymbol{E}^{n+p}$ and satisfies either: (1) $S \leq \frac{n^{2} H^{2}}{n-1}$, or (2) $n^{2} H^{2} \leq \frac{(n-1) R}{n-2}$, then $M^{n}$ is diffeomorphic to a standard $n$-sphere, where $S$ and $R$ denote the squared norm of the second fundamental form of $M^{n}$ and the scalar curvature of $M^{n}$, respectively.

On the other hand, in the case of constant mean curvature, we generalized results of Klotz and Osserman [11] to arbitrary dimensions and codimensions; that is, we proved that the totally umbilical sphere $S^{n}(c)$, the totally geodesic Euclidean space $\boldsymbol{E}^{n}$, and the generalized cylinder $S^{n-1}(c) \times \boldsymbol{E}^{1}$ are only $n$-dimensional $(n>2)$ complete connected submanifolds $M^{n}$ with constant mean curvature $H$ in $\boldsymbol{E}^{n+p}$ if $S \leq n^{2} H^{2} /(n-1)$ holds.


## 1. Introduction.

It is well known by Nash that every finite dimensional Riemannian manifold possesses an isometric embedding into a Euclidean space of a sufficiently high dimension. Therefore, research of submanifolds in a Euclidean space $\boldsymbol{E}^{n+p}$ of $n+p$ dimensions requires some additional conditions. In this paper, we shall agree that a submanifold means an immersed submanifold. A classical theorem of Hadamard states that a compact connected orientable hypersurface in $\boldsymbol{E}^{n+1}$ with positive sectional curvature is diffeomorphic to a standard sphere $S^{n}(c)$. This result was generalized by Van Heijenoort [18] and Sacksteder [15]. They proved that an $n$-dimensional complete connected orientable hypersurface $M^{n}$ in $\boldsymbol{E}^{n+1}$ is a boundary of a convex body in $\boldsymbol{E}^{n+1}$ if every sectional curvature of $M^{n}$ is non-negative and at least one is positive. In particular, they proved that an $n$-dimensional locally convex (that is, the second fundamental form is semi-definite) compact connected orientable hypersurface $M^{n}$ in $\boldsymbol{E}^{n+1}$ is diffeomorphic to $S^{n}(c)$. In [6] and [7], Chern and Lashof studied the total curvature of an $n$-dimensional compact connected orientable submanifold in $\boldsymbol{E}^{n+p}$. They showed that the total cur-

[^0]vature of an $n$-dimensional compact connected orientable submanifold in $\boldsymbol{E}^{n+p}$ is not less than $2 c_{n+p-1}$, and also that, if the equality holds, then $M^{n}$ is diffeomorphic to $S^{n}(c)$, where $c_{n+p-1}$ is the volume of the unit sphere $S^{n+p-1}(1)$. Recently, using a theorem introduced by Lawson and Simons in [12], Shiohama and Xu [17] proved that an $n$ dimensional connected orientable complete submanifold $M^{n}$ in $\boldsymbol{E}^{n+p}$ is homeomorphic to $S^{n}(c)$ if $n>3$ and $\sup _{M^{n}}\left(S-\left(n^{2} H^{2} /(n-1)\right)\right)<0$. It is clear that this condition $\sup _{M^{n}}\left(S-\left(n^{2} H^{2} /(n-1)\right)\right)<0$ yields that the mean curvature is nonzero at each point of $M^{n}$ and $M^{n}$ is compact by Myers theorem. In this paper, we shall prove a stronger result under a weaker condition than the one in [17]. That is, we first prove the following:

Main Theorem 1. An n-dimensional compact connected submanifold $M^{n}$ with everywhere nonzero mean curvature $H$ in $\boldsymbol{E}^{n+p}$ is diffeomorphic to a sphere $S^{n}(c)$ if one of the following conditions is satisfied:
(1) $S \leq \frac{n^{2} H^{2}}{n-1}$,
(2) $n^{2} H^{2} \leq \frac{(n-1) R}{n-2}$,
where $S$ and $R$ denote the squared norm of the second fundamental form of $M^{n}$ and the scalar curvature of $M^{n}$, respectively.

On the other hand, Klotz and Osserman [11] proved that a complete orientable surface $M^{2}$ with constant mean curvature $H$ and non-negative Gaussian curvature is isometric to a totally umbilical sphere $S^{2}(c)$, a totally geodesic plane $\boldsymbol{E}^{2}$, or cylinder $\boldsymbol{E}^{1} \times S^{1}(c)$. It is well known that the Gaussian curvature is non-negative if and only if $S \leq n^{2} H^{2} /(n-1)$ holds in the case of $n=2$. Next, we shall generalize the result due to Klotz and Osserman to higher dimensions and higher codimensions under the same condition of constant mean curvature.

Main Theorem 2. Let $M^{n}$ be an $n$-dimensional ( $n>2$ ) complete connected submanifold with constant mean curvature $H$ in $\boldsymbol{E}^{n+p}$. If $S \leq n^{2} H^{2} /(n-1)$ is satisfied, then $M$ is isometric to the totally umbilical sphere $S^{n}(c)$, the totally geodesic Euclidean space $\boldsymbol{E}^{n}$, or the generalized cylinder $S^{n-1}(c) \times \boldsymbol{E}^{1}$, where $S$ denotes the squared norm of the second fundamental form of $M^{n}$.

Remark. The result due to Klotz and Osserman [11] was extended by the author and Nonaka [5] to higher dimensions and higher codimensions under the stronger condition that the mean curvature vector is parallel.

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## 2. Preliminaries.

Let $\boldsymbol{E}^{n+p}$ be an $(n+p)$-dimensional Euclidean space and $M^{n}$ an $n$-dimensional connected submanifold in $\boldsymbol{E}^{n+p}$. We choose a local field of orthonormal frames
$\left\{e_{1}, \ldots, e_{n+p}\right\}$ adapted to $\boldsymbol{E}^{n+p}$ and dual coframes $\left\{\omega_{1}, \ldots, \omega_{n+p}\right\}$ in such a way that, restricted to the submanifold $M^{n},\left\{e_{1}, \ldots, e_{n}\right\}$ are tangent to $M^{n}$. Let $\left\{\omega_{A B}\right\}$ denote the connection forms of $\boldsymbol{E}^{n+p}$. The canonical forms $\left\{\omega_{A}\right\}$ and connection forms $\left\{\omega_{A B}\right\}$ restricted to $M^{n}$ are also denoted by the same symbols. We then have

$$
\begin{equation*}
\omega_{\alpha}=0, \quad \alpha=n+1, \ldots, n+p \tag{2.1}
\end{equation*}
$$

We see that $e_{1}, \ldots, e_{n}$ is a local field of orthonormal frames adapted to the induced Riemannian metric on $M^{n}$ and $\omega_{1}, \ldots, \omega_{n}$ is a local field of its dual coframes on $M^{n}$. It follows from (2.1) and Cartan's Lemma that

$$
\begin{equation*}
\omega_{\alpha i}=\sum_{j=1}^{n} h_{i j}^{\alpha} \omega_{j}, \quad h_{i j}^{\alpha}=h_{j i}^{\alpha} . \tag{2.2}
\end{equation*}
$$

Second fundamental form $I I$ and mean curvature vector $\boldsymbol{h}$ of $M^{n}$ are defined by

$$
\begin{align*}
I I & =\sum_{\alpha=n+1}^{n+p} \sum_{i, j=1}^{n} h_{i j}^{\alpha} \omega_{i} \omega_{j} e_{\alpha},  \tag{2.3}\\
\boldsymbol{h} & =\frac{1}{n} \sum_{\alpha=n+1}^{n+p}\left(\sum_{i=1}^{n} h_{i i}^{\alpha}\right) e_{\alpha} . \tag{2.4}
\end{align*}
$$

The mean curvature $H$ of $M^{n}$ is defined by

$$
\begin{equation*}
H=\frac{1}{n} \sqrt{\sum_{\alpha=n+1}^{n+p}\left(\sum_{i=1}^{n} h_{i i}^{\alpha}\right)^{2}} . \tag{2.5}
\end{equation*}
$$

Let $S=\sum_{\alpha=n+1}^{n+p} \sum_{i, j=1}^{n}\left(h_{i j}^{\alpha}\right)^{2}$ denote the squared norm of the second fundamental form of $M^{n}$. The connection form of $M^{n}$ is characterized by the structure equations

$$
\begin{align*}
d \omega_{i} & =-\sum_{j=1}^{n} \omega_{i j} \wedge \omega_{j}, \quad \omega_{i j}+\omega_{j i}=0,  \tag{2.6}\\
d \omega_{i j} & =-\sum_{k=1}^{n} \omega_{i k} \wedge \omega_{k j}+\frac{1}{2} \sum_{k, l=1}^{n} R_{i j k l} \omega_{k} \wedge \omega_{l},  \tag{2.7}\\
R_{i j k l} & =\sum_{\alpha=n+1}^{n+p}\left(h_{i k}^{\alpha} h_{j l}^{\alpha}-h_{i l}^{\alpha} h_{j k}^{\alpha}\right) \tag{2.8}
\end{align*}
$$

where $R_{i j k l}$ represents components of the curvature tensor of $M^{n}$. Letting $R_{i j}$ and $R$ denote components of the Ricci curvature and the scalar curvature of $M^{n}$, respectively, we obtain from (2.8):

$$
\begin{align*}
R_{j k} & =\sum_{\alpha=n+1}^{n+p}\left(\sum_{i=1}^{n} h_{i i}^{\alpha} h_{j k}^{\alpha}-\sum_{i=1}^{n} h_{i k}^{\alpha} h_{j i}^{\alpha}\right),  \tag{2.9}\\
R & =n^{2} H^{2}-S \tag{2.10}
\end{align*}
$$

We also have

$$
\begin{align*}
d \omega_{\alpha \beta} & =-\sum_{\gamma=n+1}^{n+p} \omega_{\alpha \gamma} \wedge \omega_{\gamma \beta}+\frac{1}{2} \sum_{i, j=1}^{n} R_{\alpha \beta i j} \omega_{i} \wedge \omega_{j},  \tag{2.11}\\
R_{\alpha \beta i j} & =\sum_{l=1}^{n}\left(h_{i l}^{\alpha} h_{l j}^{\beta}-h_{j l}^{\alpha} l_{l i}^{\beta}\right) . \tag{2.12}
\end{align*}
$$

By taking the exterior differentiation of (2.2) and defining $h_{i j k}^{\alpha}$ by

$$
\begin{equation*}
\sum_{k=1}^{n} h_{i j k}^{\alpha} \omega_{k}=d h_{i j}^{\alpha}-\sum_{k=1}^{n} h_{i k}^{\alpha} \omega_{k j}-\sum_{k=1}^{n} h_{j k}^{\alpha} \omega_{k i}-\sum_{\beta=n+1}^{n+p} h_{i j}^{\beta} \omega_{\beta \alpha} \tag{2.13}
\end{equation*}
$$

we obtain Codazzi equation by straightforward computation:

$$
\begin{equation*}
h_{i j k}^{\alpha}=h_{i k j}^{\alpha}=h_{j i k}^{\alpha} . \tag{2.14}
\end{equation*}
$$

We take the exterior differentiation of (2.13) and define $h_{i j k l}^{\alpha}$ by

$$
\begin{equation*}
\sum_{l=1}^{n} h_{i j k l}^{\alpha} \omega_{l}=d h_{i j k}^{\alpha}-\sum_{l=1}^{n} h_{l j k}^{\alpha} \omega_{l i}-\sum_{l=1}^{n} h_{i l k}^{\alpha} \omega_{l j}-\sum_{l=1}^{n} h_{i j l}^{\alpha} \omega_{l k}-\sum_{\beta=n+1}^{n+p} h_{i j k}^{\beta} \omega_{\beta \alpha} . \tag{2.15}
\end{equation*}
$$

Then, Ricci formula for the second fundamental form is given by

$$
\begin{equation*}
h_{i j k l}^{\alpha}-h_{i j l k}^{\alpha}=\sum_{m=1}^{n} h_{m j}^{\alpha} R_{m i k l}+\sum_{m=1}^{n} h_{i m}^{\alpha} R_{m j k l}+\sum_{\beta=n+1}^{n+p} h_{i j}^{\beta} R_{\beta \alpha k l} . \tag{2.16}
\end{equation*}
$$

The Laplacian $\Delta h_{i j}^{\alpha}$ of $h_{i j}^{\alpha}$ is defined by

$$
\Delta h_{i j}^{\alpha}=\sum_{k=1}^{n} h_{i j k k}^{\alpha} .
$$

From the Codazzi equation (2.14) and the Ricci formula (2.16), we obtain for any $\alpha$, $n+1 \leq \alpha \leq n+p$,

$$
\begin{align*}
\Delta h_{i j}^{\alpha} & =\sum_{k=1}^{n} h_{k i j k}^{\alpha}  \tag{2.17}\\
& =\sum_{k=1}^{n} h_{k k i j}^{\alpha}+\sum_{k, m=1}^{n} h_{k m}^{\alpha} R_{m i j k}+\sum_{k, m=1}^{n} h_{m i}^{\alpha} R_{m k j k}+\sum_{k=1}^{n} \sum_{\beta=n+1}^{n+p} h_{k i}^{\beta} R_{\beta \alpha j k} .
\end{align*}
$$

The following Generalized Maximum Principle of Omori [14] and Yau [21] will be used in section 3 .

Generalized Maximum Principle (Omori [14] and Yau [21]). Let $M^{n}$ be a complete Riemannian manifold whose Ricci curvature is bounded from below and $f \in C^{2}(M)$
a function bounded from above on $M^{n}$. Then for any $\varepsilon>0$, there exists a point $p \in M^{n}$ such that

$$
f(p) \geq \sup f-\varepsilon, \quad\|\operatorname{grad} f\|(p)<\varepsilon, \quad \Delta f(p)<\varepsilon
$$

## 3. The reduction of codimensions.

In this section, we shall prove the following:
Theorem 3.1. Let $M^{n}$ be an n-dimensional submanifold with everywhere nonzero mean curvature $H$ in $\boldsymbol{E}^{n+p}$ which satisfies one of the subsequent conditions. Then $M^{n}$ lies in an $(n+1)$-dimensional totally geodesic submanifold congruent to $\boldsymbol{E}^{n+1}$ of $\boldsymbol{E}^{n+p}$ if $S \leq$ $n^{2} H^{2} /(n-1)$ holds:
(1) $M^{n}$ is compact.
(2) $M^{n}$ is complete and the mean curvature of $M^{n}$ is constant.
$S$ denotes the squared norm of the second fundamental form of $M^{n}$.
Proof. Since the mean curvature of $M^{n}$ is nonzero at each point of $M^{n}$, we know that $e_{n+1}=\boldsymbol{h} / H$ is a unit normal vector field defined globally on $M^{n}$. Hence, $M^{n}$ is orientable. We define $S_{1}$ and $S_{2}$ as

$$
\begin{equation*}
S_{1}=\sum_{i, j=1}^{n}\left(h_{i j}^{n+1}-H \delta_{i j}\right)^{2}, \quad S_{2}=\sum_{\alpha=n+2}^{n+p} \sum_{i, j=1}^{n}\left(h_{i j}^{\alpha}\right)^{2}, \tag{3.1}
\end{equation*}
$$

respectively. Then, $S_{1}$ and $S_{2}$ are functions defined on $M^{n}$ globally, which do not depend on the choice of the orthonormal frame $\left\{e_{1}, \ldots, e_{n}\right\}$. Also,

$$
\begin{equation*}
S-n H^{2}=S_{1}+S_{2} \tag{3.2}
\end{equation*}
$$

From the definition of mean curvature vector $\boldsymbol{h}$, we know that $n H=\sum_{i=1}^{n} h_{i i}^{n+1}$ and $\sum_{i=1}^{n} h_{i i}^{\alpha}=0$ for $n+2 \leq \alpha \leq n+p$ on $M^{n}$. Setting $H_{\alpha}=\left(h_{i j}^{\alpha}\right)$ and defining $N(A)=$ trace $\left({ }^{t} A A\right)$ for $n \times n$-matrix $A$, by making use of a direct computation we have, from (2.12) and the Gauss equation (2.8),

$$
\begin{aligned}
\sum_{\alpha=n+2}^{n+p} \sum_{i, j, k, l=1}^{n} h_{i j}^{\alpha} \alpha_{k l}^{\alpha} R_{l i j k}= & \sum_{\alpha=n+2}^{n+p} \operatorname{trace}\left(H_{n+1} H_{\alpha}\right)^{2}-\sum_{\alpha=n+2}^{n+p}\left[\operatorname{trace}\left(H_{n+1} H_{\alpha}\right)\right]^{2} \\
& +\sum_{\alpha, \beta=n+2}^{n+p} \operatorname{trace}\left(H_{\alpha} H_{\beta}\right)^{2}-\sum_{\alpha, \beta=n+2}^{n+p}\left[\operatorname{trace}\left(H_{\alpha} H_{\beta}\right)\right]^{2} \\
\sum_{\alpha=n+2}^{n+p} \sum_{i, j, k, l=1}^{n} h_{i j}^{\alpha} h_{l i}^{\alpha} R_{l k j k}= & n H \sum_{\alpha=n+2}^{n+p} \operatorname{trace}\left(H_{n+1} H_{\alpha}^{2}\right) \\
& -\sum_{\alpha=n+2}^{n+p} \operatorname{trace}\left(H_{n+1}^{2} H_{\alpha}^{2}\right)-\sum_{\alpha, \beta=n+2}^{n+p} \operatorname{trace}\left(H_{\alpha} H_{\beta} H_{\beta} H_{\alpha}\right),
\end{aligned}
$$

and

$$
\sum_{\alpha, \beta=n+1}^{n+p} \sum_{i, j, k=1}^{n} h_{i j}^{\alpha} h_{k i}^{\beta} R_{\beta \alpha j k}=\sum_{\alpha, \beta=n+1}^{n+p} \operatorname{trace}\left(H_{\alpha} H_{\beta}\right)^{2}-\sum_{\alpha, \beta=n+1}^{n+p} \operatorname{trace}\left(H_{\alpha} H_{\beta} H_{\beta} H_{\alpha}\right) .
$$

Hence, we conclude from the formula (2.17) in section 2, that

$$
\begin{align*}
\frac{1}{2} \Delta S_{2}= & \sum_{\alpha=n+2}^{n+p} \sum_{i, j, k=1}^{n}\left(h_{i j k}^{\alpha}\right)^{2}+\sum_{\alpha=n+2}^{n+p} \sum_{i, j=1}^{n} h_{i j}^{\alpha} \Delta h_{i j}^{\alpha}  \tag{3.3}\\
= & \sum_{\alpha=n+2}^{n+p} \sum_{i, j, k=1}^{n}\left(h_{i j k}^{\alpha}\right)^{2}+n H \sum_{\alpha=n+2}^{n+p} \operatorname{trace}\left(H_{n+1} H_{\alpha}^{2}\right)-\sum_{\alpha=n+2}^{n+p}\left[\operatorname{trace}\left(H_{n+1} H_{\alpha}\right)\right]^{2} \\
& -\sum_{\alpha, \beta=n+2}^{n+p} N\left(H_{\alpha} H_{\beta}-H_{\beta} H_{\alpha}\right)-\sum_{\alpha, \beta=n+2}^{n+p}\left[\operatorname{trace}\left(H_{\alpha} H_{\beta}\right)\right]^{2} \\
& +\sum_{\alpha=n+2}^{n+p} \operatorname{trace}\left(H_{n+1} H_{\alpha}\right)^{2}-\sum_{\alpha=n+2}^{n+p} \operatorname{trace}\left(H_{n+1}^{2} H_{\alpha}^{2}\right) .
\end{align*}
$$

According to the following Lemma 3.1 and the definition of $S_{2}$, we obtain

$$
\begin{equation*}
-\sum_{\alpha, \beta=n+2}^{n+p} N\left(H_{\alpha} H_{\beta}-H_{\beta} H_{\alpha}\right)-\sum_{\alpha, \beta=n+2}^{n+p}\left[\operatorname{trace}\left(H_{\alpha} H_{\beta}\right)\right]^{2} \geq-\frac{3}{2} S_{2}^{2} \tag{3.4}
\end{equation*}
$$

Lemma 3.1 (see [13]). For symmetric matrices $A_{1}, \ldots, A_{q}(q \geq 1)$, put $S_{\alpha \beta}=$ $\operatorname{trace}\left(A_{\alpha} A_{\beta}\right), S_{0}=\sum_{\alpha=1}^{q} S_{\alpha \alpha}$, and $N\left(A_{\alpha}\right)=\operatorname{trace}\left({ }^{t} A_{\alpha} A_{\alpha}\right)$. Then

$$
\sum_{\alpha, \beta=1}^{q} N\left(A_{\alpha} A_{\beta}-A_{\beta} A_{\alpha}\right)+\sum_{\alpha, \beta=1}^{q} S_{\alpha \beta}^{2} \leq \frac{3}{2} S_{0}^{2}
$$

Since $e_{n+1}=\boldsymbol{h} / H$, we have $\operatorname{trace}\left(H_{\alpha}\right)=0$ for $\alpha=n+2, \ldots, n+p$ and $\operatorname{trace}\left(H_{n+1}\right)$ $=n H$.

$$
\begin{aligned}
& -\sum_{\alpha=n+2}^{n+p}\left\{\operatorname{trace}\left(H_{n+1} H_{\alpha}\right)\right\}^{2}+\sum_{\alpha=n+2}^{n+p} \operatorname{trace}\left(H_{n+1} H_{\alpha}\right)^{2}-\sum_{\alpha=n+2}^{n+p} \operatorname{trace}\left(H_{n+1}^{2} H_{\alpha}^{2}\right) \\
& =\sum_{\alpha=n+2}^{n+p}\left[-\left\{\operatorname{trace}\left(H_{n+1} H_{\alpha}\right)\right\}^{2}+\operatorname{trace}\left(H_{n+1} H_{\alpha}\right)^{2}-\operatorname{trace}\left(H_{n+1}^{2} H_{\alpha}^{2}\right)\right] \\
& =\sum_{\alpha=n+2}^{n+p}\left[-\left\{\operatorname{trace}\left\{\left(H_{n+1}-H I\right) H_{\alpha}\right\}\right\}^{2}\right. \\
& \left.\quad \quad+\operatorname{trace}\left\{\left(H_{n+1}-H I\right) H_{\alpha}\right\}^{2}-\operatorname{trace}\left\{\left(H_{n+1}-H I\right)^{2} H_{\alpha}^{2}\right\}\right],
\end{aligned}
$$

where $I$ denotes the unit matrix.
For a fixed $\alpha, n+2 \leq \alpha \leq n+p$, we can take a local orthonormal frame field $\left\{e_{1}, \ldots, e_{n}\right\}$ such that $h_{j i}^{\alpha}=\lambda_{i}^{\alpha} \delta_{i j}$. Thus, we have $\sum_{i=1}^{n} \lambda_{i}^{\alpha}=0$ and trace $H_{\alpha}^{2}=\sum_{i=1}^{n}\left(\lambda_{i}^{\alpha}\right)^{2}$. Let $B=H_{n+1}-H I=\left(b_{i j}\right)$. We have $b_{i j}=b_{j i}$ for any $i, j=1, \ldots, n, \sum_{i=1}^{n} b_{i i}=0$ and $\sum_{i, j=1}^{n} b_{i j}^{2}=S_{1}$.

$$
\begin{aligned}
& -\left[\operatorname{trace}\left\{\left(H_{n+1}-H I\right) H_{\alpha}\right\}\right]^{2}+\operatorname{trace}\left\{\left(H_{n+1}-H I\right) H_{\alpha}\right\}^{2}-\operatorname{trace}\left\{\left(H_{n+1}-H I\right)^{2} H_{\alpha}^{2}\right\} \\
& \quad=-\left\{\operatorname{trace}\left(B H_{\alpha}\right)\right\}^{2}+\operatorname{trace}\left(B H_{\alpha}\right)^{2}-\operatorname{trace}\left(B^{2} H_{\alpha}^{2}\right) \\
& \quad=-\left(\sum_{i=1}^{n} b_{i i} \lambda_{i}^{\alpha}\right)^{2}+\sum_{i=1}^{n} b_{i j}^{2} \lambda_{i}^{\alpha} \lambda_{j}^{\alpha}-\sum_{i=1}^{n} b_{i j}^{2}\left(\lambda_{i}^{\alpha}\right)^{2}
\end{aligned}
$$

Clearly, $\lambda_{i}^{\alpha}$ and $b_{i j}$ for $i, j=1, \ldots, n$ satisfy the conditions in (1) of Lemma in the Appendix, which is algebraic; a proof of it can be found in [3]. For the reader's convenience, we shall give the proof in the Appendix. We obtain

$$
\begin{gathered}
-\left[\operatorname{trace}\left\{\left(H_{n+1}-H I\right) H_{\alpha}\right\}\right]^{2}+\operatorname{trace}\left\{\left(H_{n+1}-H I\right) H_{\alpha}\right\}^{2} \\
-\operatorname{trace}\left\{\left(H_{n+1}-H I\right)^{2} H_{\alpha}^{2}\right\} \geq-S_{1} \text { trace } H_{\alpha}^{2} .
\end{gathered}
$$

Since the two sides of the above inequality do not depend on the choice of local orthonormal frame fields, we have

$$
\begin{align*}
\sum_{\alpha=n+2}^{n+p}[ & {\left[\operatorname{trace}\left\{\left(H_{n+1}-H I\right) H_{\alpha}\right\}\right]^{2} }  \tag{3.5}\\
& \left.+\operatorname{trace}\left\{\left(H_{n+1}-H I\right) H_{\alpha}\right\}^{2}-\operatorname{trace}\left\{\left(H_{n+1}-H I\right)^{2} H_{\alpha}^{2}\right\}\right] \\
\geq & -S_{1} \sum_{\alpha=n+2}^{n+p} \operatorname{trace} H_{\alpha}^{2}=-S_{1} S_{2} .
\end{align*}
$$

Making use of the same assertion as above, we obtain, for fixed $\alpha, n+2 \leq \alpha \leq n+p$,

$$
\operatorname{trace}\left\{\left(H_{n+1}-H I\right) H_{\alpha}^{2}\right\}=\sum_{i=1}^{n} b_{i i}\left(\lambda_{i}^{\alpha}\right)^{2} .
$$

From (2) and (3) of Lemma in the Appendix, we obtain

$$
\operatorname{trace}\left\{\left(H_{n+1}-H I\right) H_{\alpha}^{2}\right\} \geq-\frac{n-2}{\sqrt{n(n-1)}} \sqrt{S_{1}} \text { trace } H_{\alpha}^{2}
$$

Hence, we conclude

$$
\begin{align*}
n H \sum_{\alpha=n+2}^{n+p} \operatorname{trace}\left(H_{n+1} H_{\alpha}^{2}\right) & =n H \sum_{\alpha=n+2}^{n+p} \operatorname{trace}\left\{\left(H_{n+1}-H I\right) H_{\alpha}^{2}\right\}+n H^{2} \sum_{\alpha=n+2}^{n+p} \operatorname{trace} H_{\alpha}^{2}  \tag{3.6}\\
& =n H \sum_{\alpha=n+2}^{n+p} \operatorname{trace}\left\{\left(H_{n+1}-H I\right) H_{\alpha}^{2}\right\}+n H^{2} S_{2} \\
& \geq n H^{2} S_{2}-\sqrt{\frac{n}{n-1}}(n-2) H \sqrt{S_{1}} S_{2} .
\end{align*}
$$

From (3.3), (3.4), (3.5), and (3.6), we have

$$
\begin{align*}
\frac{1}{2} \Delta S_{2} & \geq \sum_{\alpha=n+2}^{n+p} \sum_{i, j, k=1}^{n}\left(h_{i j k}^{\alpha}\right)^{2}+\left(n H^{2}-\sqrt{\frac{n}{n-1}}(n-2) H \sqrt{S_{1}}-S_{1}-\frac{3}{2} S_{2}\right) S_{2}  \tag{3.7}\\
& \geq \sum_{\alpha=n+2}^{n+p} \sum_{i, j, k=1}^{n}\left(h_{i j k}^{\alpha}\right)^{2}+\left(n H^{2}-\frac{n(n-2)}{2(n-1)} H^{2}-\frac{n-2}{2} S_{1}-S_{1}-\frac{3}{2} S_{2}\right) S_{2} \\
& =\sum_{\alpha=n+2}^{n+p} \sum_{i, j, k=1}^{n}\left(h_{i j k}^{\alpha}\right)^{2}+\left(n H^{2}-\frac{n(n-2)}{2(n-1)} H^{2}+\frac{n^{2} H^{2}}{2}-\frac{n}{2} S+\frac{(n-3)}{2} S_{2}\right) S_{2} \\
& =\sum_{\alpha=n+2}^{n+p} \sum_{i, j, k=1}^{n}\left(h_{i j k}^{\alpha}\right)^{2}+\left\{\frac{n}{2}\left(\frac{n^{2} H^{2}}{n-1}-S\right)+\frac{(n-3)}{2} S_{2}\right\} S_{2} \\
& \geq \sum_{\alpha=n+2}^{n+p} \sum_{i, j, k=1}^{n}\left(h_{i j k}^{\alpha}\right)^{2}+\left\{\frac{(n-3)}{2} S_{2}\right\} S_{2} \geq 0
\end{align*}
$$

When $M^{n}$ is compact, from Stokes formula we obtain

$$
\begin{equation*}
\sum_{\alpha=n+2}^{n+p} \sum_{i, j, k=1}^{n}\left(h_{i j k}^{\alpha}\right)^{2}=0 \tag{3.8}
\end{equation*}
$$

on $M^{n}$; and all inequalities are equalities. Hence, we have $S_{2} \equiv 0$ for $n>3$. When $n=3$, we obtain

$$
S_{2} \equiv 0 \quad \text { or } \quad S \equiv \frac{n^{2} H^{2}}{n-1} \quad \text { and } \quad \sqrt{\frac{n}{n-1}} H \equiv \sqrt{S_{1}} .
$$

From $S=S_{1}+S_{2}+n H^{2}$, we also infer that $S_{2} \equiv 0$.
When $M^{n}$ is complete and the mean curvature is constant, from the condition $S \leq n^{2} H^{2} /(n-1)$ and from (2.9) we know that the Ricci curvature of $M^{n}$ is bounded from below. Applying the Generalized Maximum Principle of Omori [14] and Yau [21] stated in section 2 to the function $S_{2}$, we find that there exists a sequence $\left\{p_{k}\right\} \subset M^{n}$ such that

$$
\begin{equation*}
\lim _{k \rightarrow \infty} S_{2}\left(p_{k}\right)=\sup S_{2} \quad \text { and } \quad \lim _{k \rightarrow \infty} \sup \Delta S_{2}\left(p_{k}\right) \leq 0 \tag{3.9}
\end{equation*}
$$

Since $S \leq n^{2} H^{2} /(n-1)$, we know that $\left\{h_{i j}^{\alpha}\left(p_{k}\right)\right\}$, for any $i, j=1,2, \ldots, n$ and any $\alpha=n+1, \ldots, n+p$, is a bounded sequence. Hence, we can assume $\lim _{k \rightarrow \infty} h_{i j}^{\alpha}\left(p_{k}\right)=$ $\tilde{h}_{i j}^{\alpha}$; if necessary, we can take a subsequence. From (3.7) and (3.9), by obtaining the limit of (3.7), we know that all inequalities are equalities. Hence, $\sup S_{2}=0$ for $n>3$. When $n=3$, if $\sup S_{2} \neq 0$, we know $\lim _{k \rightarrow \infty}\left(n^{2} H^{2} /(n-1)-S\right)\left(p_{k}\right)=0$ and $\lim _{k \rightarrow \infty} \sqrt{n /(n-1)} H\left(p_{k}\right)=\lim _{k \rightarrow \infty} \sqrt{S_{1}\left(p_{k}\right)}$. Let $\lim _{k \rightarrow \infty} H\left(p_{k}\right)=\tilde{H}, \lim _{k \rightarrow \infty} S\left(p_{k}\right)=$ $\tilde{S}$ and $\lim _{k \rightarrow \infty} S_{1}\left(p_{k}\right)=\tilde{S}_{1}$. Then, we have $n^{2} \tilde{H}^{2} /(n-1)=\tilde{S},(n /(n-1)) \tilde{H}^{2}=\tilde{S}_{1}$ and $\tilde{S}=\sup S_{2}+\tilde{S}_{1}+n \tilde{H}^{2}=\tilde{S}+\sup S_{2}$. This is impossible. Hence, we obtain $\sup S_{2}=0$. That is, $S_{2}=0$ on $M^{n}$. From (3.7), we have

$$
\begin{equation*}
\sum_{\alpha=n+2}^{n+p} \sum_{i, j, k=1}^{n}\left(h_{i j k}^{\alpha}\right)^{2}=0 \tag{3.10}
\end{equation*}
$$

on $M^{n}$. Thus, we infer $S_{2} \equiv 0$ and (3.10) holds on $M^{n}$ under the assumption of Theorem 3.1.

From (2.13), we have, for any $\alpha \neq n+1$,

$$
\sum_{i, k=1}^{n} h_{i i k}^{\alpha} \omega_{k}=-n H \omega_{\alpha n+1}
$$

Hence, (3.10) yields $\omega_{\alpha n+1}=0$ for any $\alpha$. Thus, we know that $e_{n+1}$ is parallel in the normal bundle $T^{\perp}\left(M^{n}\right)$ of $M^{n}$. Hence, if we denote by $N_{1}$ the normal subbundle spanned by $e_{n+2}, e_{n+3}, \ldots, e_{n+p}$ of the normal bundle of $M^{n}$, then $M^{n}$ is totally geodesic with respect to $N_{1}$. Since $e_{n+1}$ is parallel in the normal bundle, we know that the normal subbundle $N_{1}$ is invariant under parallel translation with respect to normal connection of $M^{n}$. Then, from Theorem 1 in [20], we conclude that $M^{n}$ lies in a totally geodesic submanifold congruent to $\boldsymbol{E}^{n+1}$ of $\boldsymbol{E}^{n+p}$. This completes our proof.

## 4. Proof of Main Theorems.

This section presents a proof of our Main Theorems.
Proof of Main Theorem 1. From Gauss equation (2.10), we have $R=n^{2} H^{2}-S$. Hence, we know that these two conditions in Main Theorem 1 are equivalent to each other. Thus, we shall only prove Main Theorem 1 under the condition $S \leq n^{2} H^{2} /$ $(n-1)$. From Theorem 3.1, we know that $M^{n}$ lies in a totally geodesic submanifold $\boldsymbol{E}^{n+1}$ of $\boldsymbol{E}^{n+p}$. We denote by $H^{\prime}$ the mean curvature of $M^{n}$ in $\boldsymbol{E}^{n+1}$. Since $\boldsymbol{E}^{n+1}$ is totally geodesic in $\boldsymbol{E}^{n+p}$, we have $H=H^{\prime}$; that is, the mean curvature $H^{\prime}$ of $M^{n}$ in $\boldsymbol{E}^{n+1}$ is the same as in $\boldsymbol{E}^{n+p}$. We also know that the squared norm $S^{\prime}$ of the second fundamental form of $M^{n}$ in $\boldsymbol{E}^{n+1}$ is the same as in $\boldsymbol{E}^{n+p}$. Hence, $S^{\prime} \leq n^{2}\left(H^{\prime}\right)^{2} /(n-1)$ and $H^{\prime} \neq 0$. We choose a local orthonormal frame field $\left\{e_{1}, \ldots, e_{n}\right\}$ such that $h_{i j}=\lambda_{i} \delta_{i j}$ for $i, j=1,2, \ldots, n ; h_{i j}$ and $\lambda_{i}$ denote components of the second fundamental form and principal curvatures of $M^{n}$ in $\boldsymbol{E}^{n+1}$, respectively. Thus, we obtain

$$
\sum_{i=1}^{n}\left(\lambda_{i}\right)^{2} \leq \frac{\left(\sum_{i=1}^{n} \lambda_{i}\right)^{2}}{n-1}
$$

From Lemma 4.1 in Chen [1, p. 56], we have, for any $i, j$,

$$
\lambda_{i} \lambda_{j} \geq 0
$$

Hence, we know that the principal curvatures are non-negative on $M^{n}$ because the mean curvature is nonzero at each point of $M^{n}$. Namely, $M^{n}$ is locally convex. Therefore, $M^{n}$ is diffeomorphic to $S^{n}(c)$ from the result obtained by Van Heijenoort [18] and Sacksteder [15]. This completes the proof of Main Theorem 1.

Proof of Main Theorem 2. Since mean curvature $H$ is constant, we have $H=0$ or $H>0$. In the case of $H=0$, we have $S=0$ on $M^{n}$, since $S \leq n^{2} H^{2} /(n-1)$ holds. Therefore, we know that $M^{n}$ is totally geodesic. Hence, $M^{n}$ is isometric to the hyperplane $\boldsymbol{E}^{n}$. Next, we assume $H>0$. Thus $e_{n+1}=\boldsymbol{h} / H$ is a unit normal vector field defined globally on $M^{n}$. Hence, $M^{n}$ is orientable. From the proof of Theorem 3.1,
we know that the unit normal vector field $e_{n+1}=\boldsymbol{h} / H$ is parallel in the normal bundle of $M^{n}$. Since the mean curvature is constant on $M^{n}$, we conclude that the mean curvature vector $\boldsymbol{h}=H e_{n+1}$ is also parallel in the normal bundle of $M^{n}$. From results obtained by the author and Nonaka [5], we know that Main Theorem 2 is true. This completes the proof of Main Theorem 2.

## 5. Appendix.

In the Appendix, we shall prove the following:

## Lemma.

(1) Let $a_{1}, \ldots, a_{n}$ and $b_{i j}$ for $i, j=1, \ldots, n$ be real numbers satisfying $\sum_{i=1}^{n} a_{i}=0$, $\sum_{i=1}^{n} b_{i i}=0, \sum_{i, j=1}^{n} b_{i j}^{2}=b$, and $b_{i j}=b_{j i}$ for $i, j=1, \ldots, n$. Then

$$
\begin{equation*}
-\left(\sum_{i=1}^{n} b_{i i} a_{i}\right)^{2}+\sum_{i, j=1}^{n} b_{i j}^{2} a_{i} a_{j}-\sum_{i, j=1}^{n} b_{i j}^{2} a_{i}^{2} \geq-\sum_{i=1}^{n} a_{i}^{2} b . \tag{5.1}
\end{equation*}
$$

(2) Let $b_{i}$ for $i=1, \ldots, n$ be real numbers satisfying $\sum_{i=1}^{n} b_{i}=0$ and $\sum_{i=1}^{n} b_{i}^{2}=B$. Then

$$
\begin{equation*}
\sum_{i=1}^{n} b_{i}^{4}-\frac{B^{2}}{n} \leq \frac{(n-2)^{2}}{n(n-1)} B^{2} . \tag{5.2}
\end{equation*}
$$

(3) Let $a_{i}$ and $b_{i}$ for $i=1, \ldots, n$ be real numbers satisfying $\sum_{i=1}^{n} a_{i}=0$ and $\sum_{i=1}^{n} a_{i}^{2}=a$. Then

$$
\begin{equation*}
\sum_{i=1}^{n} a_{i} b_{i}^{2} \geq-\sqrt{\sum_{i=1}^{n} b_{i}^{4}-\frac{\left(\sum_{i=1}^{n} b_{i}^{2}\right)^{2}}{n}} \sqrt{a} \tag{5.3}
\end{equation*}
$$

Proof. In order to prove (1), we consider the function

$$
\begin{equation*}
f\left(x_{i j}\right)=-\left(\sum_{i=1}^{n} x_{i i} a_{i}\right)^{2}-\frac{1}{2} \sum_{i, j=1}^{n} x_{i j}^{2}\left(a_{j}-a_{i}\right)^{2} \tag{5.4}
\end{equation*}
$$

subject to the constraint conditions

$$
\begin{equation*}
\sum_{i=1}^{n} x_{i i}=0 \quad \text { and } \quad \sum_{i, j=1}^{n} x_{i j}^{2}=b \tag{5.5}
\end{equation*}
$$

Making use of Lagrangian multipliers, we shall calculate the minimum of the function $f\left(x_{i j}\right)$ with constraint conditions (5.5). Let

$$
g=f\left(x_{i j}\right)+\lambda \sum_{i=1}^{n} x_{i i}+\mu\left(\sum_{i, j=1}^{n} x_{i j}^{2}-b\right),
$$

where $\lambda$ and $\mu$ are the Lagrangian multipliers. We have

$$
g=-\left(\sum_{i=1}^{n} a_{i} x_{i i}\right)^{2}-\frac{1}{2} \sum_{i, j=1}^{n} x_{i j}^{2}\left(a_{j}-a_{i}\right)^{2}+\lambda \sum_{i=1}^{n} x_{i i}+\mu\left(\sum_{i, j=1}^{n} x_{i j}^{2}-b\right)
$$

If $f$ attains its minimum $f_{0}$ at some point $\left(x_{i j}\right)$, we have

$$
\begin{align*}
& -2 \sum_{i=1}^{n} a_{i} x_{i i} a_{j}+\lambda+2 \mu x_{j j}=0, \quad \text { for } j=1, \ldots, n,  \tag{5.6}\\
& -x_{i j}\left(a_{j}-a_{i}\right)^{2}+2 \mu x_{i j}=0, \quad \text { for } i \neq j \tag{5.7}
\end{align*}
$$

Hence,

$$
\begin{array}{r}
-\left(\sum_{i=1}^{n} a_{i} x_{i i}\right)^{2}+\mu \sum_{j=1}^{n} x_{j j}^{2}=0, \\
-\frac{1}{2} \sum_{i, j=1}^{n} x_{i j}^{2}\left(a_{j}-a_{i}\right)^{2}+\mu \sum_{i, j=1, i \neq j}^{n} x_{i j}^{2}=0 .
\end{array}
$$

Thus,

$$
f_{0}=-\mu b
$$

From (5.6) and $\sum_{i=1}^{n} a_{i}=0$, we obtain $\lambda=0$ and

$$
\begin{aligned}
& \left(\mu-\sum_{j=1}^{n} a_{j}^{2}\right) \sum_{i=1}^{n} x_{i i} a_{i}=0 \\
& \mu \sum_{j=1}^{n} x_{i j}^{2}-\left(\sum_{i=1}^{n} x_{i i} a_{i}\right)^{2}=0
\end{aligned}
$$

If $\sum_{i=1}^{n} x_{i i} a_{i} \neq 0$, we have $\mu=\sum_{j=1}^{n} a_{j}^{2}$. Hence,

$$
f_{0}=-\mu b=-\sum_{j=1}^{n} a_{j}^{2} b
$$

If $\sum_{i=1}^{n} x_{i i} a_{i}=0$, we have $\mu \sum_{j=1}^{n} x_{j j}^{2}=0 . \quad \mu=0$ yields $f_{0}=0$. If $\mu \neq 0$, we have $\sum_{j=1}^{n} x_{j j}^{2}=0$. Hence, $b=0$ or there exists $i \neq j$ such that $x_{i j} \neq 0$. From (5.7), we obtain

$$
2 \mu=\left(a_{i}-a_{j}\right)^{2} \leq 2 \sum_{j=1}^{n} a_{j}^{2}
$$

Therefore,

$$
f_{0} \geq-\sum_{j=1}^{n} a_{j}^{2} b
$$

Since $\sum_{i=1}^{n} a_{i}=0, \sum_{i=1}^{n} b_{i i}=0, \sum_{i, j=1}^{n} b_{i j}^{2}=b$, and $b_{i j}=b_{j i}$ for $i, j=1, \ldots, n$ hold, we have

$$
-\left(\sum_{i=1}^{n} b_{i i} a_{i}\right)^{2}+\sum_{i, j=1}^{n} b_{i j}^{2} a_{i} a_{j}-\sum_{i, j=1}^{n} b_{i j}^{2} a_{i}^{2}=-\left(\sum_{i=1}^{n} b_{i i} a_{i}\right)^{2}-\frac{1}{2} \sum_{i, j=1}^{n} b_{i j}^{2}\left(a_{j}-a_{i}\right)^{2} \geq-\sum_{j=1}^{n} a_{j}^{2} b .
$$

Thus, we complete the proof of (1) of Lemma.
For the proof of (2), we consider the function

$$
f(y)=\sum_{i=1}^{n} y_{i}^{4}-\frac{B^{2}}{n}
$$

with constraint conditions $\sum_{i=1}^{n} y_{i}=0$ and $\sum_{i=1}^{n} y_{i}^{2}=B$.
Since $\sum_{i=1}^{n} y_{i}^{2}=B$, we know that at least one of the $y_{i}^{2}$,s is not less than $B / n$. We assume the $y_{n}^{2} \geq B / n$, without loss of generality. From $\sum_{i=1}^{n} y_{i}=0$, we have

$$
\begin{aligned}
y_{n}^{2} & =\left(\sum_{i=1}^{n-1} y_{i}\right)^{2} \leq(n-1) \sum_{i=1}^{n-1} y_{i}^{2}=(n-1)\left(B-y_{n}^{2}\right), \\
y_{n}^{2}-\frac{B}{2} & =\sum_{1 \leq i<j \leq n-1} y_{i} y_{j}, \\
y_{n}^{2} & \leq \frac{(n-1) B}{n} .
\end{aligned}
$$

Hence,

$$
\begin{aligned}
f(y) & =\sum_{i=1}^{n-1} y_{i}^{4}+y_{n}^{4}-\frac{B^{2}}{n} \\
& =\left(\sum_{i=1}^{n-1} y_{i}^{2}\right)^{2}-2 \sum_{1 \leq i<j \leq n-1} y_{i}^{2} y_{j}^{2}+y_{n}^{4}-\frac{B^{2}}{n} \\
& \leq\left(B-y_{n}^{2}\right)^{2}-\frac{4}{(n-1)(n-2)}\left(\sum_{1 \leq i<j \leq n-1} y_{i} y_{j}\right)^{2}+y_{n}^{4}-\frac{B^{2}}{n} \\
& =\frac{2 n(n-3)}{(n-1)(n-2)}\left(y_{n}^{4}-B y_{n}^{2}\right)+\left(\frac{n-1}{n}-\frac{1}{(n-1)(n-2)}\right) B^{2} .
\end{aligned}
$$

Since the maximum of the function $t^{2}-B t$ in the interval $[(1 / n) B,((n-1) / n) B]$ is $-\left((n-1) / n^{2}\right) B^{2}$, we obtain

$$
f(y) \leq \frac{(n-2)^{2}}{n(n-1)} B^{2}
$$

This completes the proof of (2) of Lemma.
Making use of the Lagrangian multipliers, we calculate the minimum of the function $g(x)=\sum_{i=1}^{n} x_{i} b_{i}^{2}$ with constraint conditions $\sum_{i=1}^{n} x_{i}=0$ and $\sum_{i=1}^{n} x_{i}^{2}=a$. If the function $g(x)$ attains its minimum $g_{0}$ at some point $x$, then we have, at $x$,

$$
b_{i}^{2}+\lambda+2 \mu x_{i}=0, \quad \text { for } i=1, \ldots, n,
$$

where $\lambda$ and $\mu$ are the Lagrangian multipliers. Hence, we have

$$
\begin{aligned}
& g_{0}=-2 \mu a, \quad \lambda=-\frac{\sum_{i=1}^{n} b_{i}^{2}}{n} \\
& \sum_{i=1}^{n} b_{i}^{4}-\frac{\left(\sum_{i=1}^{n} b_{i}^{2}\right)^{2}}{n}+2 \mu g_{0}=0
\end{aligned}
$$

Thus, (3) of Lemma is true.

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