# TOTAL CURVATURE AND TOTAL ABSOLUTE CURVATURE OF IMMERSED SUBMANIFOLDS OF SPHERES 

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## 1. Introduction

Let $M^{n}$ be a compact oriented $n$-dimensional immersed Riemannian submanifold of the $(n+k)$-dimensional Euclidean unit sphere $S^{n+k}(k \geq 1)$, and let $p \in S^{n+k}$. Let $\nu(M)$ be the bundle of unit vectors normal to $M$ in $S^{n+k}$. We define the Gauss map, based at $p, e_{p}: \nu(M) \rightarrow S_{p} S^{n+k}$, where $S_{p} S^{n+k}$ is the unit sphere in the tangent space $T_{p} S^{n+k}$ to $S^{n+k}$ at $p$. We investigate the integral over $M$ of the pullback and the absolute value of the pullback of the normalized volume element of $S_{p} S^{n+k}$ under $e_{p}$. These integrals are called the total curvature and the total absolute curvature of $M$ with respect to the base point $p$, respectively.

Let $-p$ be the antipode of $p$ in $S^{n+k}$. If $-p \notin M$, we prove that the total curvature of $M$ with respect to $p$ is the Euler-Poincaré characteristic of $M$. In addition, if $-p \notin M$, the total absolute curvature of $M$ with respect to $p$ satisfies results similar to those of Chern and Lashof for the total absolute curvature of immersed submanifolds of Euclidean space. If $-p \in M$, and $M$ is even dimensional, then we prove that the total curvature of $M$ with respect to $p$ equals the Euler-Poincaré characteristic less twice the number of times $M$ passes through $-p$. The total absolute curvature with respect to $p$ is also studied when $-p \in M$.

Finally, we consider the average of the total absolute curvatures of $M$ over all base points $p$ in $S^{n+k}$. Small $n$-spheres of $S^{n+k}$ for $n=1,2$ are characterized by means of this average.

Throughout this paper all manifolds are $C^{\infty}$, and by a differentiable map we mean a $C^{\infty}$ differentiable map. A superscript is used to denote the dimension of a manifold, so that $M^{n}$ is an $n$-dimensional manifold. We use $\langle$,$\rangle for the$ Riemannian metric on the Euclidean sphere or any submanifold of the sphere with the induced metric.

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## 2. Definitions

Let $S^{n}$ be a Euclidean unit sphere, and fix $p \in S^{n}$. Let $-p$ denote the antipode of $p$.

Lemma 1. (1) Let $v \in T_{q} S^{n}$ and $q \neq-p$. Then the parallel translate of $v$ to $p$ along any geodesic from $q$ to $p$ is independent of the geodesic.
(2) Let $v \in T_{-p} S^{n}$. Let $\left.v^{\perp}=\left\{u \in T_{-p} S^{n}:\langle u, v\rangle=0\right\rangle\right\}$. Then the parallel translate of $v$ to $p$ along any geodesic from $-p$ to $p$ with initial velocity in $v^{\perp}$ is independent of the geodesic.

Proof. The proofs of (1) and (2) are straightforward.
Let $M^{n}$ be an immersed submanifold of $S^{n+k}$. Define $e_{p}: \nu(M) \rightarrow S_{p} S^{n+k}$ as follows: Let $v \in \nu_{q}(M)$, that is, let $v$ be a unit vector normal to $M$ at $q$. If $q \neq p$, let $e_{p}(v)$ be the parallel translate of $v$ to $p$ along any geodesic from $q$ to $p$; if $q=-p$, let $e_{p}(v)$ be the parallel translate of $v$ to $p$ along any geodesic with initial velocity in $T_{q} M$. By Lemma 1, the map $e_{p}$ is well defined.

Lemma 2. $e_{p}: \nu(M) \rightarrow S_{p} S^{n+k}$ is continuous and differentiable on $\nu(M) \mid M \backslash\{-p\}$.

Proof. The proof is straightforward.
Let $d \alpha^{n}$ be the volume element of $S^{n}$ normalized so that

$$
\int_{S^{n}} d \alpha^{n}=1
$$

for all positive integers $n$.
According to the preceding paragraphs, if $M^{n}$ is a compact oriented immersed submanifold of $S^{n+k}$, we may globally define the Gauss map on $M$ with respect to any base point $p$. If $-p \in M$ for some $p \in S^{n+k}$, then $e_{p}: \nu(M) \rightarrow$ $S_{p} S^{n+k}$ is continuous but needs only to be differentiable on $\nu(M) \mid M \backslash\{-p\}$. Hence $e_{p}^{*}\left(d \alpha^{n}\right)$ and $\left|e_{p}^{*}\left(d \alpha^{n}\right)\right|$ are defined on $\nu(M) \mid M \backslash\{-p\}$. Since $\nu(M) \mid\{-p\}$ is a set of measure zero we may integrate these forms over $\nu(M)$.

Definition. Set

$$
\kappa_{p}(M)=\int_{\nu(M)} e_{p}^{*}\left(d \alpha^{n}\right), \quad \tau_{p}(M)=\int_{\nu(M)}\left|e_{p}^{*}\left(d \alpha^{n}\right)\right|
$$

We call $\kappa_{p}(M)$ the total (algebraic) curvature of $M$ with respect to $p$, and $\tau_{p}(M)$ the total absolute curvature of $M$ with respect to $p$.

Clearly $\kappa_{p}(M)$ equals the algebraic normalized volume covered by $e_{p}$. Since $e_{p}$ is a continuous map from a compact oriented manifold into a compact oriented manifold and both have the same dimension, $e_{p}$ has a degree and this degree is $\kappa_{p}(M)$. In particular, note that $\kappa_{p}(M)$ is integral whether or not $-p \in M$.

Moreover, $\tau_{p}(M)$ is the normalized volume covered by $e_{p}$, and because the volume is normalized $\tau_{p}(M)$ equals the average number of times any vector in $S_{p} S^{n+1}$ is taken on by $e_{\mathfrak{p}}$.

Let $N^{n}$ be an oriented immersed submanifold of $E^{n+k}$, and $\nu(N)$ the bundle of unit vectors normal to $N$ in $E^{n+k}$. Then we have the usual Gauss map $e: \nu(M) \rightarrow S_{0}^{n+k-1}$, where $S_{0}^{n+k-1}$ is the unit sphere in $E^{n+k}$ with center 0 . The total curvature and total absolute curvature of $N$ in $E^{n+k}$ are defined as above and are denoted $\kappa(N)$ and $\tau(N)$, respectively. The definition for $\tau(N)$ agrees with the one in [3].

$$
\text { 3. } \kappa_{p}(M) \text { and } \tau_{p}(M) \text { for }-p \notin M
$$

Isometrically imbed $S^{n+k}$ in $E^{n+k+1}$. Let $\sigma_{p}: S^{n+k} \backslash\{-p\} \rightarrow E^{n+k}$ be stereographic projection from $-p$ onto the tangent hyperplane $E^{n+k}$ to $S^{n+k}$ at $p$. For an oriented immersed submanifold $M^{n}$ of $S^{n+k}$, set $M(p)$ equal to the image of $M \backslash\{-p\}$ under $\sigma_{p}$. Let $M(p)$ carry the metric induced from $E^{n+k}$.

We now restate Lemma 5 of [8] for arbitrary positive codimension.
Lemma 3. Let $M^{n}$ be an immersed submanifold of $S^{n+k}$. Then the following diagram is commutative:


It is clear that $\sigma_{p}^{*}$ and $d \sigma_{p}: S_{p} S^{n+k} \rightarrow S_{0}^{n+k-1}$ are diffeomorphisms. Thus if $M(p)$ is given the orientation induced from $M \backslash\{-p\}$ by $\sigma_{p}$, the algebraic volumes covered by $e$ and $e_{p}$ are equal. Hence $\kappa(M(p))=\kappa_{p}(M)$. It is equally clear that $\tau(M(p))=\tau_{p}(M)$.

Note that for a compact oriented immersed submanifold $M$ of $S^{n+k}, M(p)$ is a compact oriented immersed submanifold of $E^{n+k}$ if $-p \notin M$. If $-p \in M$, then $M(p)$ is a complete open oriented immersed submanifold of $E^{n+k}$.

Theorem 1. Let $M^{n}$ be a compact oriented immersed submanifold of $S^{n+k}$, and suppose $-p \notin M$. Then $\kappa_{p}(M)=\chi(M)$ where $\chi(M)$ is the Euler-Poincaré characteristic of $M$.

Proof. Since $-p \notin M, M \backslash\{-p\}=M$ and hence $M$ and $M(p)$ are diffeomorphic under $\sigma_{p}$. In particular, $M$ and $M(p)$ are topologically equivalent. Hence $\kappa_{p}(M)=\kappa(M(p))=\chi(M)$, where the second equality is the GaussBonnet theorem.

Definition. We say that the submanifold $\Sigma^{m}$ of $S^{n}$ is a small $m$-sphere if for any (and hence every) imbedding of $S^{n}$ into $E^{n+1}$ we have $\sum^{m}=S^{n} \cap L^{m+1}$, where $L^{m+1}$ is an $(m+1)$-dimensional plane in $E^{n+1}$. For $m=1$, we say that $\Sigma^{1}$ is a small circle. Note that every metric hypersphere of $S^{n}$ is a small hypersphere of $S^{n}$ and conversely.

Theorem 2. Let $M^{n}$ be a compact oriented immersed submanifold of $S^{n+k}$. Let $p \in S^{n+k}$ and suppose $-p \notin M$. Then we have the following.
(1) $\tau_{p}(M) \geq \beta(M)$ where $\beta(M)$ is the sum of the Betti numbers of $M$.
(2) $\tau_{p}(M)<3$ implies $M$ is homeomorphic to $S^{n}$.
(3) $\tau_{p}(M)=2$ implies $M$ is imbedded as a hypersurface of a small $(n+1)$ sphere $\sum^{n}$ through $-p$.

Proof. (1) We know that $M$ and $M(p)$ are topologically equivalent under $\sigma_{p}$. Hence $\tau_{p}(M)=\tau(M(p)) \geq \beta(M(p))=\beta(M)$, where the inequality in this chain is due to Chern and Lashof [4].
(2) and (3) are proved in a similar fashion.

$$
\text { 4. } \kappa_{p}(M) \text { and } \tau_{p}(M) \text { for }-p \in M
$$

Throughout this section we suppose $M^{n}$ is a compact oriented immersed submanifold of $S^{n+k}$. We want to investigate $\kappa_{p}(M)$ and $\tau_{p}(M)$ under the assumption $-p \in M$.

If $N^{n}$ is an oriented immersed submanifold of $E^{n+k}$, then $\kappa(N)=0$ for $n$ odd whether or not $N$ is compact. Hence for $M^{n}$ with $n$ odd we have $\kappa_{p}(M)$ $=\kappa(M(p))=0=\chi(M)$ whether or not $-p \notin M$.

If $M^{2 n}$ is a compact oriented immersed submanifold of $S^{2 n+k}$ and $-p \in M$ for some $p \in S^{2 n+k}$, then $\kappa_{p}(M)$ may not be (in fact, is not) equal to the EulerPoincaré characteristic of $M$. For example, let $M^{2 n}$ be a small hypersphere through $-p \in S^{2 n+1}$. Then the rank of $e_{p}: \nu(M) \rightarrow S_{p} S^{2 n+1}$ is zero; see, for example, [8, Theorem 6]. Hence $\kappa_{p}(M)=0 \neq 2=\chi(M)$.

For a compact immersed submanifold $M^{n}$ of $S^{n+k}$ and $q \in S^{n+k}$, let $\# q(M)$ equal the number of times $M$ passes through $q$. We have the following theorem.

Theorem 3. Let $M^{n}$ be a compact oriented immersed submanifold of $S^{n+k}$ and let $p \in S^{n+k}$. Suppose $n$ is even and $-p \in M$. Then

$$
\kappa_{p}(M)=\chi(M)-2 \#-p(M) .
$$

Proof. Let $f: M^{n} \rightarrow S^{n+k}$ be the immersion of $M^{n}$ into $S^{n+k}$. Let $f^{-1}(-p)$ $=\left\{q_{1}, \cdots, q_{r}\right\}$. Consider $f_{t}: M^{n} \rightarrow S^{n+k}, 0 \leq t \leq 1$, a continuous deformation of $f$, i.e., $f_{0}=f$ and $f_{t}$ is an immersion for $0 \leq t \leq 1$. Suppose this deformation has the following properties:
(i) $f_{t}^{-1}(-p)=f^{-1}(-p)$, for $0 \leq t \leq 1$, and
(ii) $\quad\left(f_{t^{*}}\right)_{q_{i}}=\left(f_{*}\right)_{q_{i}}$, for $0 \leq t \leq 1$, and $i=1, \cdots, r$.

Denote $f_{t}(M)$ by $M_{t}, 0 \leq t \leq 1$. Then $\kappa_{p}\left(M_{t}\right)$ varies continuously with $t$. However, we observed earlier that $\kappa_{p}(M)$ is integral for all compact oriented immersed submanifolds $M^{n}$ of $S^{n+k}$. Thus $\kappa_{p}\left(M_{t}\right)$ remains fixed under deformations of the type described. We may therefore assume that $f$ is totally geodesic in a sufficiently small neighborhood about $q_{i}, i=1, \cdots, r$, if we are only concerned with computing $\kappa_{p}(M)$.

For a sufficiently small sphere $S_{c}$ sbout $-p$ on $S^{n+k}$, bounding a ball $B_{c}^{n+k}$ on $S^{n+k}$, the intersection $f(M) \cap B_{\varepsilon}$ consists of flat discs $f\left(B_{i}^{n}\right)$, with $q_{i} \in B_{i}^{n}$.

Under stereographic projection $\sigma_{-p}$ of $f\left(M \backslash \bigcup_{n=i}^{r} B_{i}\right)$ into $E^{n+k}$, the boundary spheres $\partial B_{i}^{n}$ are mapped into the sphere $\sigma_{-p}\left(S_{\varepsilon}\right)$ and each is a great ( $n-1$ )dimensional sphere, and $\sigma_{-p}$ maps $f\left(B_{i}^{n} \backslash q_{i}\right)$ into $n$-planes. We may then find convex $n$-dimensional surfaces $\sum_{i}^{n}$ each with a disc removed in the exterior of $\sigma_{-p}\left(S_{c}\right)$ so that $\kappa\left(\sum_{i}\right)=2$, and so that $\left(\sigma_{-p} \circ f\right)\left(M \backslash \bigcup_{i=1}^{r} B_{i}\right) \cup\left(\bigcup_{i=i}^{r} \sum_{q}\right)$ is a smoothly immersed $n$-manifold in $E^{n+k}$, homeomorphic to $M$.

Now $\kappa_{p}\left(f\left(M \backslash \cup B_{i}\right)\right)=\kappa_{p}(M)$ since $f\left(B_{i}\right)$ is part of a totally geodesic sphere through $-p$. Hence

$$
\begin{aligned}
\kappa_{p}(M) & =\kappa_{p}\left(f\left(M \backslash \bigcup_{i=1}^{r} B_{i}\right)\right)=\kappa\left(\sigma_{-p} \circ f\left(M \backslash \bigcup_{i=1}^{r} B_{i}\right)\right) \\
& =\kappa\left[\sigma_{-p} \circ f\left(M \backslash \bigcup_{i=1}^{r} B_{i}\right) \cup\left(\bigcup_{i=1}^{r} \sum_{i}\right)\right]-\kappa\left(\bigcup_{i=1}^{r} \sum_{i}^{n}\right) \\
& =\chi(M)-2 \#-p(M) \cdot \text { q.e.d. }
\end{aligned}
$$

For $A \subset S^{n}$, let $-A=\{-q: q \in A\}$. Let $M^{n}$ be a compact oriented immersed submanifold of $S^{n+k}$. It is clear that the function $p \rightarrow \tau_{p}(M)$ is continuous on $S^{n+k} \backslash(-M)$. Equivalently, $\tau_{p}(M)$ varies continuously as we move $M$ by a continuous 1-parameter family of isometries of $S^{n+k}$ provided at no time $-p \in M$. However, $p \rightarrow \tau_{p}(M)$ is not continuous on $S^{n+k}$. For example, let $M$ be a small $n$-sphere in $S^{n+1}$; if $p \in S^{n+1} \backslash(-M)$, then $\tau_{p}(M)=2$, but if $p \in-M$, then $\tau_{p}(M)=0$.

The preceding example and Theorem 3 suggest the following.
Conjecture. Let $M^{n}$ be a compact oriented immersed submanifold of $S^{n+k}$. The function

$$
p \rightarrow \tau_{p}(M)+2 \#-p(M)
$$

is continuous on $S^{n+k}$.
We can, however, prove a special case of this conjecture. Let $f: M \rightarrow S^{n+k}$ be the immersion of $M$ into $S^{n+k}$. Suppose $f^{-1}(-p)=\left\{q_{1}, \cdots, q_{r}\right\}$, where $r>0$. Let $\varphi_{t}, 0 \leq t \leq 1$, be a differentiable 1-parameter family of isometries of $S^{n+k}$ with $\varphi_{0}=\mathrm{id}$. Define $\varphi: M \times[0,1] \rightarrow S^{n+k}$ by $\varphi(q, t)=\varphi_{t}(f(q)) ; \varphi$ is differentiable. Set $M_{t}=\varphi_{t}(f(M))$.

Theoerm 4. If $M_{t} \cap\{-p\}=\emptyset, 0<t \leq 1$, and $\varphi$ is regular at $\left(q_{i}, 0\right), i=$ $1, \cdots, r$, then

$$
\begin{equation*}
\tau_{p}(M)+2 \#-p(M)=\lim _{t \rightarrow 0} \tau_{p}\left(M_{t}\right) . \tag{1}
\end{equation*}
$$

Sketch of proof. Consider the directed dilitation of $S^{n+k}$ along $-p$, denoted by $S_{*}^{n+k}(p)$. Now $S_{*}^{n+k}(p)=S^{n+k} \backslash\{-p\} \cup S_{-p} S^{n+k}$ is a differentiable manifold with boundary $S_{-p} S^{n+k}$, [5]. Also consider the directed dilitation of $M \times[0,1]$ along $\left\{\left(q_{1}, 0\right), \cdots,\left(q_{r}, 0\right)\right\}$, denoted by $(M \times[0,1])_{*}$. Here $(M \times[0,1])_{*}=$ $M \times[0,1] \backslash\left\{\left(q_{1}, 0\right), \cdots,\left(q_{r}^{\prime}, 0\right)\right\} \cup \cup \cup_{i=1}^{r} G_{i}$, where $G_{i}=\left\{v \in S_{\left(q_{i}, 0\right)} M \times[0,1]:\right.$
$\left.\left\langle v, \partial / \partial t_{\left(q_{i}, 0\right)}\right\rangle \geq 0\right\},\langle$,$\rangle being the product metric on M \times[0,1] . \varphi$ induces a $\operatorname{map} \Phi:(M \times[0,1])_{*} \rightarrow S_{*}^{n+k}(p)$ since $\varphi$ is regular at $\left(q_{i}, 0\right), i=1, \cdots, r$.

There is a natural map $\iota:(M \times[0,1])_{*} \rightarrow M \times[0,1]$ such that $\iota$ is the identity of $\bigcup_{i=1}^{r} G_{i}$ and $\iota \mid G_{i}=\left(q_{i}, 0\right), i=1, \cdots, r$. Let $\nu\left(M_{t}\right)$ be the bundle of unit vectors normal to $M_{t}$ in $S^{n+k}$. Set $\nu(M \times[0,1])=\bigcup_{0 \leq t \leq 1} \nu\left(M_{t}\right)$; this is a bundle over $M \times[0,1]$. Let $\mu=\iota^{*} \nu(M \times[0,1]$. We may define a Gauss map $e: \mu \rightarrow S_{p} S^{n+k}$ so that $e \mid \nu\left(M_{t}\right), 0<t \leq 1$, and $e \mid \nu\left(M \backslash\left\{q_{1}, \cdots, q_{r}\right\}\right)$ are the usual Gauss maps based at $p$. For the pair $(v, u) \in \mu \mid G_{i}=G_{i} \times \nu_{q_{i}}(M)$, $e(v, u)$ is the parallel translate of $u$ to $p$ along the geodesic with initial velocity $\Phi(v)$. Now $e: \mu \rightarrow S_{p} S^{n+k}$ is differentiable.

Define $g: \mu \rightarrow R$ such that
(i) $g\left|\nu\left(M_{t}\right)=\right|$ Jacobian $e\left|\nu\left(M_{t}\right)\right|, 0<t \leq 1$,
(ii) $g\left|\nu\left(M \backslash\left\{q_{1}, \cdots, q_{r}\right\}\right)=\right|$ Jacobian $e\left|\nu\left(M \backslash\left\{q_{1}, \cdots, q_{r}\right\}\right)\right|$,
(iii) $g\left|\left(\mu \mid G_{i}\right)=\right|$ Jacobian $e\left|\left(\mu \mid G_{i}\right)\right|$.

Then $g$ is continuous almost everywhere and bounded. Using measure theoretic techniques, one may show

$$
\lim _{t \rightarrow 0} \int_{\nu\left(M_{t}\right)} g\left|\nu\left(M_{t}\right)=\int_{\nu(M)} g\right| \nu(M)+\sum_{i=1}^{r} \int_{\mu \mid G_{i}} g \mid\left(\mu \mid G_{i}\right) .
$$

The integral $\int_{\mu \mid G_{i}} g \mid\left(\mu \mid G_{i}\right)$ depends only on $T_{q_{i}} M$ and $\varphi_{*}\left(\partial / \partial t_{\left(q_{i}, 0\right)}\right)$. Hence one shows by letting $M$ be a small $n$-sphere in $S^{n+k}$ that $\int_{\mu \mid G_{i}} g \mid\left(\mu \mid G_{i}\right)=2$. Hence (1).

For details (in the codimension 1 case) see the author's thesis [9, Chapter IV].

## 5. Another theorem

Let $M^{n}$ be a compact oriented immersed submanifold of Euclidean space $E^{n+k}(1 \leq k)$. Suppose there exists an $(n+l)$-plane $E^{n+l}(1 \leq l \leq k)$ in $E^{n+k}$, which contains $M^{n}$. Then it is known that the total absolute curvatures of $M^{n}$ regarded as a submanifold of $E^{n+l}$ and $E^{n+k}$ are the same. We prove a corresponding result for submanifolds of spheres in this section, and will give an application of this result in the next section.

In the following theorem we consider a compact oriented immersed submanifold $M^{n}$ of $S^{n+k}$, which is contained in a small $(n+l)$-sphere $\sum^{n+l}$, $(1 \leq l \leq k)$. For $p \in S^{n+k}$ let $\tau_{p}\left(M, S^{n+k}\right)$ be the total curvature of $M$ as a submanifold of $S^{n+k}$ with respect to the base point $p$. For $p \in \sum^{n+l}$ let $\tau_{p}\left(M, \sum^{n+l}\right)$ be the total curvature of $M$ as a submanifold of $\sum^{n+l}$ with respect to the base point $p$.

Theorem 5. Let $M^{n}$ be a compact oriented immersed submanifold of $S^{n+k}$. Suppose $p \in S^{n+k}$, and $M$ is contained in a small $(n+l)$-sphere $\sum^{n+l}(1 \leq l \leq k)$
containing $-p$. Let $p^{\prime}=-(-p)$ in $\sum^{n+l}$, that is, $p^{\prime}$ is the antipode of $-p$ in $\sum^{n+l}$. Then $\tau_{p}\left(M, S^{n+k}\right)=\tau_{p^{\prime}}\left(M, \sum^{n+l}\right)$.

Proof. Isometrically imbed $S^{n+k}$ into $E^{n+k+1}$. Then we have the stereographic projection $\sigma_{p}: S^{n+k} \backslash\{-p\} \rightarrow E^{n+k}$ from $-p$ onto $E^{n+k}$, the $(n+k)$ dimensional plane in $E^{n+k+1}$ tangent to $S^{n+k}$ at $p$. Let $L$ be the $(n+l+1)-$ dimensional plane $E^{n+k+1}$ such that $L \cap S^{n+k}=\sum^{n+k}$. Since $-p \in \sum^{n+l}$, under $\sigma_{p}$ the small sphere $\sum^{n+l}$ corresponds to the ( $n+l$ )-dimensional plane $L^{\prime}=L \cap E^{n+k}$. Hence $\sigma_{p}(M \backslash\{p\})=M(p) \subset L^{\prime}$.

The small sphere $\sum^{n+l}$ is imbedded as a metric sphere in $L$. Let $\sigma_{p}$, $\sum^{n+l} \backslash\{-p\} \rightarrow L^{\prime}$ be the stereographic projection in $L$ from $-p$ onto $L^{\prime}$. Even though $L^{\prime}$, in general, is not tangent to $\sum^{n+l}$ at $p^{\prime}$, Lemma 3 still holds. Hence, if we set $M\left(p^{\prime}\right)=\sigma_{p^{\prime}}(M \backslash\{-p\})$, we have $\tau_{p^{\prime}}\left(M, \Sigma^{n+l}\right)=\tau\left(M\left(p^{\prime}\right), L^{\prime}\right)$, the total curvature of $M\left(p^{\prime}\right)$ as a submanifold of $L^{\prime}$. Since $\sigma_{p^{\prime}}=\sigma_{p} \mid \sum^{n+l}$, we also have $M(p)=M\left(p^{\prime}\right)$.

Let $\tau\left(M(p), E^{n+k}\right)$ be the total curvature of $M(p)$ as a submanifold of $E^{n+k}$. Then

$$
\tau_{p}\left(M, S^{n+k}\right)=\tau\left(M(p), E^{n+k}\right)=\tau\left(M\left(p^{\prime}\right), L^{\prime}\right)=\tau_{p^{\prime}}\left(M, \Sigma^{n+l}\right) .
$$

## 6. The average total absolute curvature

Let $M^{n}$ be a compact oriented immersed submanifold of $S^{n+k}$. Define

$$
\bar{\tau}(M)=\int_{S^{n+k}} \tau_{p}(M) d \alpha^{n+k}(p)
$$

that is, $\bar{\tau}(M)$ is the average value of $\tau_{p}(M)$ taken over all possible base points $p \in S^{n+k}$.

Theorem 6. Let $M^{n}$ be a compact oriented immersed submanifold of $S^{k+k}$. Then
(1) $\bar{\tau}(M) \geq \beta(M) \geq 2$,
(2) $\bar{\tau}(M)=2$ if $M$ is imbedded as a small $n$-sphere.

Proof. (1) We know by Theorem 2 that for all $p \in S^{n+k}$ with $-p \notin M$, $\tau_{p}(M) \geq \beta(M)$. Since $\left\{p \in S^{n+k}:-p \in M\right\}$ is a set of measure zero, we have $\bar{\tau}(M)=\int_{S^{n+k}} \tau_{p}(M) d \alpha^{n+k} \geq \int_{S^{n+k}} \beta(M) d \alpha^{n+k} \geq \beta(M)$.
(2) It is easy to show for $p \in S^{n+k}$ with $-p \notin M$ that the image of a small $n$-sphere under $\sigma_{p}$ is a metric sphere in an $(n+1)$-dimensional plane of $E^{n+k}$. Hence, if $M$ is a small $n$-sphere and $-p \notin M$, then $\tau_{p}(M)=\tau(M(p))=2$. Thus $\bar{\tau}(M)=2$. q.e.d.

It is natural to ask to what extend the converse of part (2) of Theorem 6 is true. If $\bar{\tau}(M)=2$, then $\tau_{p}(M)=2$ for all $p \in S^{n+k}$ such that $-p \notin M$. This is true since the function $p \rightarrow \tau_{p}(M)$ is continuous and $\geq 2$ on $\left\{p \in S^{n+k}:-p \notin M\right\}$. In particular, there is at least one $p \in S^{n+k}$ with $-p \notin M$ such that $\tau_{p}(M)=2$. By Theorem 2 there exists a small $(n+1)$-sphere $\sum^{n+1}$ containing $-p$ in
which $M$ is imbedded and $M$ is homeomorphic to $S^{n}$. By Theorem 5 it follows immediately that $\bar{\tau}\left(M, \Sigma^{n+1}\right)=2$, where $\bar{\tau}\left(M, \Sigma^{n+1}\right)$ is the average total absolute curvature of $M$ as a submanifold of $\sum^{n+1}$. So, to find out to what extent the converse of part (2) of Theorem 6 is true, we need only to study manifolds $M^{n}$ homeomorphic to $S^{n}$, which are imbedded in $S^{n+1}$ with $\bar{\tau}(M)=2$. In particular, when these $M^{n}$ are imbedded as small spheres.

If $L^{n}$ is a hyperplane of $E^{n+1}$, its complement $E^{n+1} \backslash L^{n}$ is the disjoint union of two sets $D_{1}$ and $D_{2}$ with closures $\bar{D}_{i}=D_{i} \cup L^{n}, i=1,2$. A set $A$ in $E^{n+1}$ has the two-piece property (TPP) if $A \cap \bar{D}_{i}$ is path connected, for either complementary component $D_{i}, i=1,2$, of any hyperplane $L^{n}$ of $E^{n+1}$.

If $\Sigma^{n}$ is a metric hypersphere of $S^{n+1}$, its complement $S^{n+1} \backslash \Sigma^{n}$ is the disjoint union of two open sets $D_{1}$ and $D_{2}$ with closures $\bar{D}_{i}=D_{i} \cup \sum^{n}, i=1,2$. A set $A$ in $S^{n+1}$ has the spherical-two-piece-property (STPP) if $A \cap \bar{D}_{i}$ is path connected, for either complementary component $D_{i}, i=1,2$, of any metric hypersphere $\Sigma^{n}$ in $S^{n+1}$. For example, it follows from Proposition 3.1 of [1] that every metric hypersphere of $S^{n+1}$ has the STPP.

Let $L^{n}$ be a hyperplane of $E^{n+1}$, and let $L(\varepsilon)$ equal the set of all points whose distance from $L^{n}$ is less than $\varepsilon$. We say a set $A$ contained in $E^{n+1}$ is asymptotic to $L^{n}$ if given $\varepsilon>0$ there exists an $R>0$ such that for all $r>R, N \backslash B_{0}(r) \neq \emptyset$ and $N \backslash B_{0}(r) \subset L(\varepsilon)$, where $B_{0}(r)$ is the open ball of radius $r$ centered at the origin of $E^{n+1}$.

Lemma 4. Let $N^{n}$ be a complete imbedded hypersurface of $E^{n+1}$ asymptotic to a hyperplane $L^{n}$ of $E^{n+1}$. If $N^{n}$ has the TPP, then $N^{n}=L^{n}$.

Proof. Suppose $N^{n} \neq L^{n}$. Let $d$ be the metric on $E^{n+1}$. Let $p \in N$ so that $d(p, L)=\rho$ is a maximum. Such a point exists since $N$ is asymptotic to $L$. Let $P$ equal the connected component of $\{q \in N: d(q, L)=\rho\}$, which contains $p$. Let $K^{n}$ be the hyperplane through $p$ at a distance $\rho$ from $L$. Clearly $P \subset K$.

Let the origin 0 of $E^{n+1}$ be the base point of the perpendicular from $p$ to $L$. Since $N$ is asymptotic to $L$, there is a sequence of points $q_{i}, i=1,2, \ldots$, in $N$ such that $\lim _{i \rightarrow \infty}\left\|q_{i}\right\|=+\infty$. Consider the sequence $q_{i} /\left\|q_{i}\right\|, i=1,2, \cdots$, in the unit sphere of $E^{n+1}$ about 0 . We may assume by taking a subsequence if necessary that $\lim _{i \rightarrow \infty} q_{i} /\left\|q_{i}\right\|=u$. Clearly $u \in L$. Note that $P$ is bounded since $N$ is asymptotic to $L$. Hence let $p^{\prime} \in p$ so that $\left(p^{\prime}-p\right) \cdot u=c$ is a maximum. Let $J^{n-1}$ be the ( $n-1$ )-plane in $K$ through $p^{\prime}$ orthogonal to $u$. Rotate $K$ about $J$ so that the unit normal to $K$ pointing away from $L$ rotates toward $u$. Let $D_{1}$ be the complementary component of $K$, which does not contain $L$. For a small enough rotation of $K$, the path component of $p^{\prime}$ in $N \cap \bar{D}_{1}$ is at least a distance $\frac{1}{2} \rho$ from $L$. Since $N \cap \bar{D}_{1}$ must also contain a point $q_{i}$ which is closer to $L$ than $\frac{1}{2} \rho$ for $i$ sufficiently large, $L$ does not satisfy the TPP. This is a contradiction. Hence $L=N$.

Lemma 5. Let $M^{n}$ be a compact imbedded hypersurface of $S^{n+1}$. If $M$ has the STPP with respect to all metric hyperspheres through an umbilic point of $M$, then $M$ is a metric sphere.

Proof. Let $q$ be the umbilic point of $M$. Consider the stereographic projection $\sigma$ from $q$. Then $N^{n}=\sigma(M \backslash\{q\})$ with metric induced from $E^{n+1}$ is a complete imbedded hypersurface of $E^{n+1}$. Since $M$ is umbilic at $q$, there exists a metric hypersphere $\sum^{n}$ through $q$, which makes second order contact with $M$. Then $L^{n}=\sigma\left\{\sum \backslash\{q\}\right.$ ) is a hyperplane of $E^{n+1}$.

Let $L_{1}$ and $L_{2}$ be two hyperplanes parallel to $L$ with one on each side of $L^{n}$. Under the stereographic projection $\sigma, L_{1}$ and $L_{2}$ correspond to metric spheres through $q, \Sigma_{1}$, and $\Sigma_{2}$, with one on each side of $\Sigma$. Since $\Sigma$ makes second order contact with $M$ at $q$, in a small enough neighborhood about $q, M$ lies between $\Sigma_{1}$ and $\Sigma_{2}$. Hence outside a large enough ball about 0 in $E^{n+1}, N$ lies between $L_{1}$ and $L_{2}$. It is now clear that $N$ is asymptotic to $L$.

Since $M$ has the STPP with respect to all metric spheres through $q, N$ has the TPP. Thus the hypotheses of Lemma 4 are satisfied so that $N=L$. Hence $M=\Sigma$, that is, $M$ is a metric sphere.

Lemma 6. Let $M^{n}$ be a manifold homeomorphic to $S^{n}$ imbedded in $S^{n+1}$ with $\bar{\tau}(M)=2$. If (1) $n \leq 2$ or (2) $n \geq 3$ and $M$ has an umbilic point, then $M$ is imbedded as a small sphere.

Proof. Let $p \in S^{n+1}$ such that $-p \notin M$. Since $\bar{\tau}(M)=2$, we have $\tau_{p}(M)=2$. Thus $\tau(M(p))=2$, which implies that $M(p)$ is imbedded as a convex hypersurface of $E^{n+1}$. In particular, $M(p)$ has the TPP so that $M$ has the STPP with respect to all metric spheres through $-p$. Hence for all $q \notin M, M$ has the STPP with respect to all metric spheres through $q$. Since every metric sphere passes through some point not in $M$ unless $M$ already is a metric sphere, $M$ has the STPP. If $n=1$, then every point of $M$ is umbilic. If $n=2$, we have $\chi(M)=$ $\chi\left(S^{2}\right)=2 \neq 0$. If $M$ did not have an umbilic point, then the second fundamental form of $M$ in $S^{n+1}$ determines a field of tangent line elements corresponding to, say, the larger eigenvalue of the second fundamental form. Hence, according to the comments following Theorem 40.13 in [7], $\chi(M)=0$. For $n \geq 3$, we have assumed the existence of an nmbilic point. Now apply Lemma 5 to get the result since metric hyperspheres of $S^{n+1}$ are small hyperspheres.
q.e.d.

We now present an alternate proof of Lemma 6 for the cases $n=1$ and $n=2$.

Proof $(n=1)$. It is clear that $\bar{\tau}\left(M^{1}\right)$ equals the total central curvature of $M^{1}$ as defined in [2] where it is shown that the total central cuvature of a closed curve $M^{1} \subset S^{2}$ equals the total absolute curvature of the curve as a curve in $E^{3}$. Consequently if $\bar{\tau}(M)=2$, then $M^{1} \subset S^{2}$ is imbedded as a convex curve in a hyperplane in $E^{3}$. Thus $M^{1}$ is a small circle.

Proof $(n=2)$. Since $\tau_{p}(M)=2$ for all $p$ such that $-p \notin M$, by Theorem 4 we have $\tau_{p}(M)=0$ for $p$ with $-p \in M$. Hence if $-p \in M$, then $\tau(M(p))=$ $\int_{M(p)}|K|=0$, which implies $K \equiv 0$ on $M(p)$. Since $M(p)$ is complete, $M(p)$ is a generalized cylinder [6]. Also $M$ has an umbilic point, for $\chi(M) \neq 0$ since
$M$ is a topological sphere. Hence if we choose $p$ so that $-p$ is the umbilic point, we also have $M(p)$ asymptotic to a hyperplane $L^{n}$ of $E^{n+1}$.

Clearly, an imbedded generalized cylinder asymptotic to a hyperplane must be that hyperplane, so $M(p)=L$. Thus $M$ is a small sphere.

Using Lemma 6 and the comments at the beginning of this section, we have the following.

Theorem 7. Let $M^{n}$ be a compact oriented immersed submanifold of $S^{n+k}$, where $n \leq 2$. If $\bar{\tau}(M)=2$, then $M$ is imbedded as a small $n$-sphere.

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