# THE DIMENSION OF ALMOST SPHERICAL SECTIONS OF CONVEX BODIES 

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The well-known theorem of Dvoretzky [1] states that convex bodies of high dimension have low dimensional sections which are almost spherical. More precisely, the theorem states that for every integer $k$ and every $\epsilon>0$ there is an integer $n(k, \epsilon)$ such that any Banach space $X$ with dimension $\geqslant n(k, \epsilon)$ has a subspace $Y$ of dimension $k$ with $d\left(Y, l_{k}^{2}\right) \leqslant 1+\epsilon$. Here $d\left(Y, l_{k}^{2}\right)$ denotes the Banach Mazur distance coefficient between $Y$ and the $k$ dimensional Hilbert space $l_{k}^{2}$ i.e. $\inf \|T\|\left\|T^{-1}\right\|$ taken over all operators $T$ from $Y$ onto $l_{k}^{2}$.

The estimate for $n(k, \epsilon)$ given in [1] was improved in [5] to $n(k, \epsilon)=$ $e^{c(\epsilon) k}$.

In other words (considering the dependence of $n(k, \epsilon)$ on $k$ for fixed $\epsilon$ ) the dimension of the almost spherical section (of the unit ball) given by Dvoretzky's theorem is about the $\log$ of the dimension of the space. This estimate is in general the best possible, since as observed in [10] it is easy to verify that if $\mathrm{X}=l_{n}^{\infty}$ any subspace $Y$ of $X$ whose Banach Mazur distance from a Hilbert space is $\leqslant 2$ say, must be of dimension at most $C \log n$. It turns out however that if we take into account not only $X$ but also $X^{*}$ much better information can be obtained.

Theorem 1. There is an absolute constant $c>0$ so that for every Banach space $X$ of dimension $n$ the following formula holds

$$
\begin{equation*}
k(X) k\left(X^{*}\right) \geqslant c n^{2}\|P\|^{2} / d^{2}\left(X, l_{n}^{2}\right) \tag{1}
\end{equation*}
$$

This formula needs explanation. The number $k(X)$ is an integer with the following property: "most" subspaces $Y$ of $X$ of dimension $k(X)$ satisfy $d\left(Y, l_{k(X)}^{2}\right) \leqslant 2$. We do not intend to make the word "most" precise here. What really matters is that there exists a $Y \subset X$ with $d\left(Y, l_{k(X)}^{2}\right) \leqslant 2$. The number $\|P\|$ is the norm of a projection $P$. If $k(X) \leqslant k\left(X^{*}\right), P$ is a projection from $X$ onto a suitable subspace $Y$ of $X$ with $d\left(Y, l_{k(X)}^{2}\right) \leqslant 2$ (again actually "most" subspaces $Y$ of dimension $k(X)$ work). If $k\left(X^{*}\right) \leqslant k(X), P$ is a projection from $X^{*}$ onto a subspace $Z \subset X^{*}$ with $d\left(Z, l_{k\left(X^{*}\right)}^{2}\right) \leqslant 2$.

[^0]The proof of Theorem 1 uses the same ideas as those employed by the third named author in [5]. The main tool used in the proof is the isoperimetric inequality for sets on the surface of the unit ball in $n$ space (cf. [6]).

Since clearly $\|P\| \geqslant 1$ and $d\left(X, l_{n}^{2}\right) \leqslant \sqrt{n}$ (cf. [2]), Theorem 1 gives in particular that

$$
\begin{gather*}
k(X) k\left(X^{*}\right) \geqslant c n .  \tag{2}\\
\max \left(k(X), k\left(X^{*}\right)\right) \geqslant \sqrt{c n} . \tag{3}
\end{gather*}
$$

An easy consequence of (2) is the following result.
Theorem 2. There is an absolute constant $c>0$ so that the following holds: Let $Q$ be a convex polytope in $R^{n}$ which is symmetric with respect to the origin and has the origin as an interior point. Let $m$ be the number of vertices of $Q$ and $s$ the number of $(n-1)$-dimensional faces of $Q$. Then

$$
\begin{equation*}
\log m \log s \geqslant c n \tag{4}
\end{equation*}
$$

Proof. Let $X$ be the Banach space whose unit ball is $Q$. Then $X \subset l_{s}^{\infty}$ and $X^{*} \subset l_{m}^{\infty}$. By the remark made in the introduction concerning $l_{n}^{\infty}$ spaces we have $k(X) \leqslant a \log s, k\left(X^{*}\right) \leqslant a \log m$ for some absolute constant $a$. Hence (4) follows from (2).

Easy examples show that the estimate in Theorem 2 is asymptotically the best possible. It is possible e.g. to construct convex symmetric polytopes in $R^{n}$ ( $n$ arbitrarily large) so that $s \leqslant e^{a \sqrt{n}}, m \leqslant e^{a \sqrt{n}}$ for some constant $a$. Thus also (3) cannot be improved. The simplest examples which show that (2), (3) or (4) are the best possible are obtained by considering Banach spaces which are obtained from $R$ (the 1 -dimensional space) by repeated applications of finite direct sums in the $l_{\infty}$ and $l_{1}$ norms.

It should be pointed out that Theorem 2 is actually true in stronger versions. For example, since we used (2), we ignored the terms $\|P\|$ and $d\left(X, l_{n}^{2}\right)$. Thus if e. g. the polytope $Q$ is such that its distance $d$ from an ellipsoid is better than the largest possible value $\sqrt{n}$ then we can improve (4) by replacing $n$ by $n^{2} / d^{2}$ 。

The following simple example illustrates the use of $\|P\|$ in (1). Let $X$ be the space $\left(l_{n}^{\infty} \oplus l_{n}^{\infty} \oplus \ldots \oplus l_{n}^{\infty}\right)_{1}$ ( $n$ terms in the direct sum which is taken in the $l_{1}$ sense). Then $\operatorname{dim} X=n^{2}$ and it is easy to verify by counting extreme points that $k\left(X^{*}\right) \leqslant c n$ and $k(X) \leqslant c n \log n$. It follows from (1) that $X^{*}$ has a cn-dimensional subspace whose distance from Hilbert space is $\leqslant 2$ and on which there is a projection of norm $\leqslant \sqrt{\log n}$. This fact has an interesting application in terms of $p$-absolutely summing operators. There is a bounded linear operator from $\left(c_{0} \oplus c_{0} \oplus \ldots\right)_{1}$ into $l_{2}$ which is not 2 -summing. This is surprising since every operator from $c_{0}$ into $l_{2}$ is 2 -summing and every operator from $l_{1}$ into $l_{2}$ is even 1 -summing.

By combining the proof of Theorem 1 with the Dvoretzky Rogers theorem we can obtain more information. The results become particularly interesting if we use the notions of type and cotype of a Banach space (cf. [4]). Here we state one result involving cotype. A Banach space $X$ is said to be of cotype $p$ ( $p \geqslant 2$ ) if there is a constant $K$ (called the cotype constant) so that for all choices of $\left\{x_{i}\right\}_{i=1}^{m} \subset X$ the average of $\left\|\Sigma_{i=1}^{m} \epsilon_{i} x_{i}\right\|$ taken over all choices of signs $\epsilon_{i}$ is $\geqslant$ $K\left(\Sigma_{i=1}^{m}\left\|x_{i}\right\|^{p}\right)^{1 / p}$. Every uniformly convex space is of cotype $p$ for some $p<\infty$.

Theorem 3. Let $X$ be a Banach space of cotype $p$. Then there is a constant $c$ (depending only on the cotype constant of $X$ ) so that for every $Y \subset X$ with $\operatorname{dim} Y=n$ we have $k(Y) \geqslant c n^{2 / p}$ i. e. there is a $Z \subset Y$ with $\operatorname{dim} Z=k \geqslant$ $c n^{2 / p}$ and $d\left(Z, l_{k}^{2}\right) \leqslant 2$.

It follows from a result of Krivine, Maurey and Pisier (cf. [4]) that a weak converse of Theorem 3 is true. If $X$ satisfies the conclusion of Theorem 3 then $X$ is of cotype $p+\epsilon$ for every $\epsilon>0$. Since $L_{p}(0,1), 1 \leqslant p \leqslant 2$ and $C_{p}, 1 \leqslant p$ $\leqslant 2$ (the space of operators $T$ on $l_{2}$ for which $\left.\|T\|^{p}=\operatorname{trace}\left(T T^{*}\right)^{p / 2<\infty}\right)$ are of cotype 2 it follows from Theorem 3 that if we take any $n$ linearly independent elements in one of these spaces then their linear span has a subspace of dimension cn ( $c$ an absolute constant) whose distance from Hilbert space is $\leqslant 2$.

Finally we mention an application which can be obtained by using Theorem 1 , the proof of Theorem 3 and the arguments in [3]. It is the local version of the solution to the complemented subspaces problem.

Theorem 4. There is a real-valued function $f(\lambda)$ defined for $\lambda \geqslant 1$ so that the following holds: If $X$ is a finite-dimensional space so that onto every $Y \subset X$ there is a projection of norm $\leqslant \lambda$ then $d\left(X, l_{n}^{2}\right) \leqslant f(\lambda)$ where $n=\operatorname{dim} X$.

Further applications and detailed proofs will be published elsewhere.

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