# Critical Points of Distance Functions and Applications to Geometry 

Jeff Cheeger

0. Introduction
1. Critical points of distance functions
2. Toponogov's theorem; first applications
3. Background on finiteness theorems
4. Homotopy Finiteness

Appendix. Some volume estimates
5. Betti numbers and rank

Appendix: The generalized Mayer-Vietoris estimate
6. Rank, curvature and diameter
7. Ricci curvature, volume and the Laplacian

Appendix. The maximum principle
8. Ricci curvature, diameter growth and finiteness of topological type.
Appendix. Nonnegative Ricci curvature outside a compact set.

## 0 . Introduction

These lecture notes were written for a course given at the C.I.M.E. session "Recent developments in geometric topology and related topics", June 4-12, 1990, at Montecatini Terme. Their aim is to expose three basic results in riemannian geometry, the proofs of which rely on the technique of "critical points of distance functions" used in conjunction with Toponogov's theorem on geodesic triangles. This method was pioneered by Grove and Shiohama, [GrS].

Specifically, we discuss
i) the Grove-Petersen theorem of the finiteness of homotopy types of manifolds admitting metrics with suitable bounds on diameter, volume and curvature; [ GrP ],
ii) Gromov's bound on the Betti numbers in terms of curvature and diameter; [G],
iii) the Abresch-Gromoll theorem on finiteness of topological type, for manifolds with nonnegative Ricci curvature, curvature bounded below and slow diameter growth; [AGI].

The first two of these theorems are stated in § 3 and proved in $\S 4$ and $\S \S 5-6$, respectively. The third is stated and proved in § 8 .

The reader is assumed to have a background in riemannian geometry at least the rough equivalent of the first six chapters of [CE], and to be familiar with basic algebraic topology. For completeness however, the statement of Toponogov's theorem is recalled in § 2. Additional material on finiteness theorems and on Ricci curvature is provied in § 3 and § 7.

## 1. Critical Points of Distance Functions.

Let $M^{n}$ be a complete riemannian manifold. We will assume that all geodesics are parametrized by arc length. For $p \in M^{n}$, we denote the distance from $x$ to $p$ by $\overline{x, p}$ and put

$$
\rho_{p}(x):=\overline{x, p}
$$

Note that $\rho_{p}(x)$ is smooth on $M \backslash\left\{p \cup C_{p}\right\}$, where $C_{p}$, the cut locus of $p$, is a closed nowhere dense set of measure zero.

Grove and Shiohama made the fundamental observation that there is a meaningful definition of "critical point" for such distance functions, such that in the absence of critical points, the Isotopy Lemma of Morse Theory holds. They also observed that in the presence of a lower curvature bound, Toponogov's theorem can be used to derive geometric information, from the existence of critical points. They used these ideas to give a short proof of a generalized Sphere Theorem, see Theorem 2.5. Other important applications are discussed in subsequent sections.

Remark 1.1. If the sectional curvature satisfies $K_{M} \leq K$ (for $K \geq 0$ ) and $q$ is a critical point of $\rho_{p}$ with $\rho_{p}(q) \leq \frac{\pi}{2 \sqrt{K}}$, then there is also a reasonable notion of index which predicts the change in the topology when crossing a critical level. But so far, this fact has not had strong applications.

Definition 1.2. The point $q(\neq p)$ is a critical point of $\rho_{p}$ if for all $v$ in the tangent space, $M_{q}$, there is a minimal geodesic, $\gamma$, from $q$ to $p$, making an angle, $\Varangle\left(v, \gamma^{\prime}(0)\right) \leq \frac{\pi}{2}$, with $\gamma^{\prime}(0)$. Also, $p$ is a critical point of $\rho_{p}$.

From now on we just say that $q$ is a critical point of $p$.
Remark 1.3. If $q \neq p$ is a critical point of $p$, then $q \in C_{p}$. If $q$ is not critical, the collection of tangent vectors to all geodesics, $\gamma$, as above, lies in some open half space in $M_{q}$. Thus, there exists $w \in M_{q}$, such that $\Varangle\left(w, \gamma^{\prime}(0)\right)<\frac{\pi}{2}$, for all minimal $\gamma$ from $p$ to $q$.

Put $B_{r}(p)=\{x \mid \overline{x, p}<r\}$.
Isotopy Lemma 1.4. If $r_{1}<r_{2} \leq \infty$, and if $\overline{B_{r_{2}}(p)} \backslash B_{r_{1}}(p)$ is free of critical points of $\rho_{\boldsymbol{p}}$, then this region is homeomorphic to $\partial B_{r_{1}}(p) \times\left[r_{1}, r_{2}\right]$.Moreover, $\partial B_{r_{1}}(p)$ is a topological submanifold (with empty boundary).

Proof: If $x$ is noncritical, then there exists $w \in M_{x}$ with $\Varangle\left(\gamma^{\prime}(0), w\right)<\frac{\pi}{2}$, for all minimal $\gamma$ from $x$ to $p$. By continuity, there exists an extension of $w$ to a vector field, $W_{x}$, on a neighborhood, $U_{x}$, of $x$, such that if $y \in U_{x}$ and $\sigma$ is minimal from $y$ to $p$, then $\Varangle\left(\sigma^{\prime}(0), W_{x}(y)\right)<\frac{\pi}{2}$. Take a finite open cover of $\bar{B}_{r_{2}}(\rho) \backslash B_{r_{1}}(\rho)$, by sets, $U_{x_{i}}$, locally finite if $r_{2}=\infty$, and a smooth partition
of unity, $\sum \phi_{i} \equiv 1$, subordinate to it. Put $W=\sum \phi_{i} W_{x_{i}}$. Clearly, $W$ is nonvanishing. For each integral curve $\psi$ of $W$, the first variation formula gives

$$
\rho_{p}\left(\psi\left(t_{2}\right)\right)-\rho_{p}\left(\psi\left(t_{1}\right)\right) \leq\left(t_{1}-t_{2}\right) \cos \left(\frac{\pi}{2}-\epsilon\right),
$$

for some small $\epsilon$. This holds on compact subsets if $r_{2}=\infty$. The first statement easily follows.
To see that $\partial B_{r_{1}}(p)$ is a submanifold, let $q \in \partial B_{r_{1}}(p), \sigma$ a minimal geodesic from $q$ to $p$, and $V$ a small piece of the totally geodesic hypersurface at $q$, normal to $\sigma$. Then for $z \in V$, sufficiently close to $q$, each integral curve, $\psi$, of $W$ through $z$ intersects $\partial B_{r_{2}}(p)$ in exactly one point, $z^{\prime} \in \partial B_{r_{1}}(p)\left(\psi\right.$ extends on both sides of $V$ ). It is easy to check that the map, $z \rightarrow z^{\prime}$, provides a local chart for $\partial B_{r_{1}}(p)$ at $q$.

Example 1.5. $M$ compact and $q$ a farthest point from $p$ implies that $q$ is a critical point of $\rho_{p}$, obviously, the topology changes when we pass $q$. This observation was made by Berger, well in advance of the formal definition of "critical point"; [Be].

Example 1.6. If $\gamma$ is a geodesic loop of length $\ell$ and if $\gamma \left\lvert\,\left[0, \frac{\ell}{2}\right]\right.$ and $\gamma \left\lvert\,\left[\frac{\ell}{2}, \ell\right]\right.$ are minimal, then $\gamma\left(\frac{\ell}{2}\right)$ is a critical point of $\gamma(0)$. In particular, if $q$ is a closest point, to $p$ on $\mathcal{C}_{p}$, and $q$ is not conjugate to $p$ along some minimal geodesic then $q$ is a critical point of $p$; see Chapter 5 of[CE]. Thus, if $p, q$ realize the shortest distance from a point to its cut locus in $M^{n}$, and are not conjugate along any minimal $\gamma$, then $p$ and $q$ are mutually critical.

Example 1.7. On a flat torus with fundamental domain a rectangle, the barycenters of the sides and the corners project to the three critical points of $p$, other than $p$ itself.


Fig. 1.1
Example 1.8. A conjugate point need not be critical. Here is a concrete example. Write the standard metric on $S^{2}$ in the form $g=d r^{2}+\sin ^{2} r d \theta^{2}$, where $0 \leq r \leq \pi, 0 \leq \theta \leq 2 \pi$. Let $f(r, \theta)$ be a smooth function, periodic in $\theta$, such that
i) $f(r, \theta) \equiv 1$, for all $(r, \theta)$ satisfying any of the following conditions:

$$
\begin{aligned}
& 0 \leq r \leq \frac{\pi}{4}, \quad \frac{3}{4} \pi \leq r \leq \pi, \\
& \pi-\epsilon \leq \theta \leq \pi+\epsilon .
\end{aligned}
$$

Here we require $\epsilon<\pi / 4$.
ii) $f>1$ elsewhere.

The metric $g^{\prime}=f d r^{2}+\sin ^{2} r d \theta^{2}$ satisfies $g^{\prime} \geq g$. In fact, if the intersection of a curve, $c$, with the region, $\pi / 4<r<3 \pi / 4$, is not contained in the region $\pi-\epsilon \leq \theta \leq \pi+\epsilon$, then its length with respect to $g^{\prime}$ is strictly longer than with respect to $g$. It follows that for the metric $g^{\prime}$, the only minimal geodesics connecting the "south pole" $(\theta=\theta)$ to the "north pole", $(\theta=\pi)$ are the curves $c(t)=\left(t, \theta_{0}\right), \pi-\epsilon \leq \theta_{0} \leq \pi+\epsilon$. Since $2 \epsilon<\pi$, it follows that the north and south poles are mutually conjugate, but mutually noncritical.

We are indebted to D . Gromoll for helpful discussions concerning this example.
Remark 1.9. The criticality radius, $r_{p}$, is, by definition, the largest $r$ such that $B_{r}(p)$ is free of critical points. By the Isotopy Lemma 1.4, $B_{r_{p}}(p)$ is homeomorphic to a standard open ball, since it is homeomorphic to an arbitrarily small open ball with center $p$.

## 2. Toponogov's Theorem; first applications.

Denote the length of $\gamma$ by $L[\gamma]$.
By definition, a geodesic triangle consists of three geodesic segments, $\gamma_{i}$, of length $L\left[\gamma_{i}\right]=\ell_{i}$, which satisfy

$$
\gamma_{i}\left(\ell_{i}\right)=\gamma_{i+1}(0) \bmod 3 \quad(i=0,1,2)
$$

The angle at a corner, say $\gamma_{0}(0)$, is by definition, $\chi\left(-\gamma_{2}^{\prime}\left(\ell_{2}\right), \gamma_{0}^{\prime}(0)\right)$. The angle opposite $\gamma_{i}$ will be denoted by $\alpha_{i}$.

A pair of sides e.g. $\gamma_{2}, \gamma_{0}$ are said to determine a hinge.


Fig. 2.1

Let $M_{h}^{n}$ denote the $n$-dimensional, simply connected space of curvature $\equiv H$ (i.e. hyperbolic space, Euclidean space, or a sphere).

Toponogov's theorem has two statements. These are equivalent in the sense that either one can easily be obtained from the other.

Theorem 2.1 (Toponogov). Let $M^{n}$ be complete with curvature $K_{M} \geq H$.
A) Let $\left\{\gamma_{0}, \gamma_{1}, \gamma_{2}\right\}$ determine a triangle in $M^{n}$. Assume $\gamma_{1}, \gamma_{2}$ are minimal and $\ell_{1}+\ell_{2} \geq \ell_{0}$. If $H>0$, assume $L\left[\gamma_{0}\right] \leq \frac{\pi}{\sqrt{H}}$. Then there is a triangle $\left\{\underline{\gamma}_{0}, \underline{\gamma}_{1}, \underline{\gamma}_{2}\right\}$ in $M_{H}^{2}$, with $L\left[\gamma_{i}\right]=L\left[\underline{\gamma}_{i}\right]$ and $\underline{\alpha}_{1} \leq \alpha_{1}, \quad \underline{\alpha}_{2} \leq \alpha_{2}$.
B) Let $\left\{\gamma_{2}, \gamma_{0}\right\}$ determine a hinge in $M^{n}$ with angle $\alpha$. Assume $\gamma_{2}$ is minimal and if $H>0$, $L\left[\gamma_{0}\right] \leq \frac{\pi}{\sqrt{H}}$. Let $\left\{\underline{\gamma}_{2}, \underline{\gamma}_{0}\right\}$ determine a hinge in $M_{H}^{2}$ with $L\left[\gamma_{i}\right]=L\left[\underline{\gamma}_{i}\right], i=0,2$, and the same angle $\alpha$. Then

$$
\overline{\gamma_{2}(0), \gamma_{0}\left(\ell_{0}\right)} \leq \overline{\underline{\gamma}_{2}(0), \gamma_{0}\left(\ell_{0}\right)} .
$$

Proof: See [CE], Chapter 2.
Remark 2.2. In the applications of Toponogov which occur in the sequel, the following elementary fact is often used without explicit mention. Consider the collection of hinges, $\left\{\underline{\gamma}_{0}, \underline{\gamma}_{2}\right\}$ in $M_{H}^{2}$, with fixed side lengths, $\ell_{0}, \ell_{2}$ and variable angle $\alpha: 0 \leq \alpha \leq \pi$. Then $\overline{\gamma_{0}\left(\ell_{0}\right), \underline{\gamma}_{2}(0)}$ is a strictly increasing function of $\alpha$.

Remark 2.3. If the inequalities in A) or B) are all equalities, more can be said (see [CE]).
By using Toponogov's theorem we can derive geometric information from the existence of critical points.

Let the triangle, $\left\{\gamma_{0}, \gamma_{1}, \gamma_{2}\right\}$ satisfy the hypothesis of Toponogov's theorem, and assume $\gamma_{0}\left(\ell_{0}\right)$ is critical with respect to $\gamma_{0}(0)$. Then (as explained in detail in the applications), we can
i) bound from above the side length $\ell_{2}$ (see Theorems $2.5,4.2$ ),
ii) bound from below, the excess, $\ell_{0}+\ell_{1}-\ell_{2}$ (see Proposition 8.5),
iii) bound from below, the angle $\alpha_{1}$ (see Lemma 2.6, Corollaries 2.7, 2.9, 2.10 and 6.3).

Remark 2.4. It is important to realize that in order to obtain the preceding bounds, we do not assume $\alpha_{2} \leq \pi / 2$. The assumption that $\gamma_{1}\left(\ell_{0}\right)$ is critical with respect to $\gamma_{0}(0)$ implies that $\Varangle\left(-\tilde{\gamma}_{0}^{\prime}\left(\ell_{0}\right), \gamma_{1}^{\prime}(0)\right) \leq \pi / 2$, for some minimal $\tilde{\gamma}_{0}$ from $\gamma_{0}(0)$ to $\gamma_{0}\left(\ell_{0}\right)$. This is all that we require.

Theorem 2.5 (Grove-Shiohama). Let $M^{n}$ be complete, with $K_{M} \geq H$, for some $H>0$. If $M^{n}$ has diameter, $\operatorname{dia}\left(M^{n}\right)>\frac{\pi}{2 \sqrt{H}}$, then $M^{n}$ is homeomorphic to the sphere, $S^{n}$.

Proof: Let $p, q \in M^{n}$ be such that $\overline{p, q}=\operatorname{dia}\left(M^{n}\right)$; in particular, $p$ and $q$ are mutually critical (see Example 1.5).

Claim. There exists no $x \neq q, p$ which is critical with respect to $p$ (the same holds for $q$ ).
Proof of Claim: Assume $x$ is such a point. Let $\gamma_{2}$ be minimal from $q$ to $x$. By assumption there exists $\gamma_{0}$, minimal from $x$ to $p$, with

$$
\alpha_{1}=\nvdash\left(-\gamma_{2}^{\prime}\left(\ell_{2}\right), \gamma_{0}^{\prime}(0)\right) \leq \frac{\pi}{2} .
$$

Similarly, since $p$ and $q$ are mutually critical, there exist minimal $\gamma_{1}, \tilde{\gamma}_{1}$ from $p$ to $q$ such that

$$
\not \subset\left(-\gamma_{0}^{\prime}\left(\ell_{0}\right), \gamma_{1}^{\prime}(0)\right) \leq \frac{\pi}{2}
$$

and

$$
\left.\nmid-\tilde{\gamma}_{1}^{\prime}\left(\ell_{1}\right), \gamma_{2}^{\prime}(0)\right) \leq \frac{\pi}{2}
$$

Note that $L\left[\gamma_{1}\right]=L\left[\tilde{\gamma}_{1}\right]=\bar{p}, \bar{q}>\frac{\pi}{2 \sqrt{H}}$.

Apply A) of Toponogov's theorem to both $\left\{\gamma_{0}, \gamma_{1}, \gamma_{2}\right\}$ and $\left\{\gamma_{0}, \tilde{\gamma}_{1}, \gamma_{2}\right\}$. Since a triangle in $M_{H}^{2}$ (the sphere) is determined up to congruence by its side lengths, we get a unique triangle, $\left\{\underline{\gamma}_{0}, \underline{\gamma}_{1}, \underline{\gamma}_{2}\right\}$, in $M_{H}^{2}$, all of whose angles are $\leq \pi / 2$. By elementary spherical trigonometry, this implies that all sides have length $\leq \frac{\pi}{2 \sqrt{H}}$, contradicting $\overline{p, q}>\frac{\pi}{2 \sqrt{H}}$.

Given the claim, the proof is easily completed (compare the proof of Reeb's Theorem given in $[M]$ ).

The following observation and its corollaries (2.7, 2.10) are of great importance.
Lemma 2.6 (Gromov). Let $q_{1}$ be critical with respect to $p$ and let $q_{2}$ satisfy

$$
\overline{p, q_{2}} \geq \nu \overline{p, q_{1}},
$$

for some $\nu>1$. Let $\gamma_{1}, \gamma_{2}$ be minimal geodesics from $p$ to $q_{1}, q_{2}$ respectively and put $\theta=$女 ( $\left.\gamma_{1}^{\prime}(0), \gamma_{2}^{\prime}(0)\right)$.
i) If $K_{M} \geq 0$,

$$
\theta \geq \cos ^{-1}(1 / \nu)
$$

ii) If $K_{M} \geq H,(H<0)$ and $\overline{p, q_{2}} \leq d$, then

$$
\theta \geq \cos ^{-1}\left(\frac{\tanh (\sqrt{-\bar{H}} d / \nu)}{\tanh (\sqrt{-\bar{H}} d)}\right)
$$

Proof: Put $\overline{p, q_{1}}=x, \overline{q_{1}, q_{2}}=y, \overline{p, q_{2}}=z$. Let $\sigma$ be minimal from $q_{1}$ to $q_{2}$. Since $q$ is critical for $p$, there exists $\tau$, minimal from $q$ to $p$ with

$$
\not \subset\left(\sigma^{\prime}(0), \tau^{\prime}(0)\right) \leq \frac{\pi}{2} .
$$

i) Applying Toponogov's Theorem B) to the hinges $\{\sigma, \tau\}$ and $\left\{\gamma_{1}, \gamma_{2}\right\}$ gives

$$
\begin{gathered}
z^{2} \leq x^{2}+y^{2} \\
y^{2} \leq x^{2}+z^{2}-2 x z \cos \theta \quad \text { (law of cosines) }
\end{gathered}
$$

Since $z \geq \nu \cdot x$, the conclusion easily follows.
ii) By scaling, we can assume $H=-1$. Replace the inequalities above by the following ones from hyperbolic trigonometry (see e.g. [Be])

$$
\begin{aligned}
& \cosh z \leq \cosh x \cosh y \\
& \cosh y \leq \cosh x \cosh z-\sinh x \sinh z \cos \theta
\end{aligned}
$$

Substituting the second of these into the first and simplifying gives

$$
\theta \geq \cos ^{-1}\left(\frac{\tanh x}{\tanh z}\right)
$$

which suffices to complete the proof.

Corollary 2.7. Let $q_{1}, \ldots, q_{N}$ be a sequence of critical points of $p$, with

$$
\overline{p, q_{i+1}} \geq \nu \overline{p, q_{i}} \quad(\nu>1)
$$

i) If $K_{M^{n}} \geq 0$ then

$$
N \leq \mathcal{N}(n, \nu)
$$

ii) If $K_{M} \geq H(H<0)$ and $q_{N} \leq d$, then

$$
N \leq \mathcal{N}\left(n, \nu, H d^{2}\right)
$$

Proof: Take minimal geodesics, $\gamma_{i}$ from $p$ to $q_{i}$. View $\left\{\gamma_{i}^{\prime}(0)\right\}$ as a subset of $S^{n-1} \subset M_{p}^{n}$. Then Lemma 2.6 gives a lower bound on the distance, $\theta$, between any pair $\gamma_{i}^{\prime}(0), \gamma_{j}^{\prime}(0)$. The balls of radius $\theta / 2$ about the $\gamma_{i}^{\prime}(0) \in S^{n-1}$ are mutually disjoint. Hence, if we denote by $V_{n-1,1}(r)$, the volume of a ball of radius $r$ on $S^{n-1}$, we can take

$$
\mathcal{N}=\frac{V_{n-1,1}(\pi)}{V_{n-1,1}(\theta / 2)}
$$

where $V_{n-1,1}(\pi)=\operatorname{Vol}\left(S^{n-1}\right)$ and $\theta$ is the minimum value allowed by Lemma 2.6.
Remark 2.8. It turns out that Corollary 2.7 is the only place in which the hypothesis on sectional curvature is used in deriving Gromov's bound on Betti numbers in terms of curvature and diameter. For details, see Theorem 3.8 and $\S \S 5-6$.

The following result is a weak version (with a much shorter proof) of the main result of [CG12], compare also § 8.

Corollary 2.9. Let $M^{n}$ be complete, with $K_{M^{n}} \geq 0$. Given p, there exists a compact set $C$, such that $p$ has no critical points lying outside $C$. In particular $M^{n}$ is homeomorphic to the interior of a compact manifold with boundary.

Proof: The first statement, which is obvious from Corollary 2.7, easily implies the second.
Corollary 2.10. Let $\mathcal{N}\left(n, \nu, H d^{2}\right)$ be as in Corollary 2.7, and let $r_{1} \nu^{\mathcal{N}}<r_{2}$. Then there exists $\left(s_{1}, s_{2}\right) \subset\left[r_{1}, r_{2}\right]$ such that $\rho_{p}^{-1}\left(\left(s_{1}, s_{2}\right)\right)$ is free of critical points and

$$
s_{2}-s_{1} \geq\left(r_{2}-r_{1} \nu^{\mathcal{N}}\right)\left(1+\nu+\cdots \nu^{\mathcal{N}}\right)^{-1}
$$

Moreover, the set of critical points has measure at most $\left(1-\nu^{-\mathcal{N}}\right) r_{2}$.
Proof: Let $r_{1}+\ell_{1}$ denote the first critical value $\geq r_{1} ; \ell_{2}+\nu\left(r_{1}+\ell_{1}\right)$ the first after $\nu\left(r_{1}+\ell_{1}\right)$ etc. It is easy to see that in the worst case

$$
\begin{aligned}
& \ell_{1}=\ell_{2}=\cdots=\ell \\
& \left(\cdots\left(\nu\left(\nu\left(r_{1}+\ell\right)+\ell\right)+\ell \cdots\right)+\ell=r_{2}\right.
\end{aligned}
$$

The first assertion follows easily. The proof of the second is similar.

Remark 2.11. The proof of Corollary 2.7 easily yields an explicit estimate for the constant $\mathcal{N}$. For example, in case $K_{M^{n}} \geq 0$, we get

$$
\mathcal{N}(n, \nu) \leq\left(\frac{\pi}{\frac{1}{2} \cos ^{-1}(1 / \nu)}\right)^{n-1}
$$

Thus, for $\nu$ close to 1 ,

$$
\mathcal{N}(n, \nu) \leq\left[\frac{2 \pi^{2}}{(\nu-1)}\right]^{(n-1) / 2}
$$

## 3. Background on Finiteness Theorems.

The theorems in question bound topology in terms of bounds on geometry. In subsequent lectures we will prove two such results due to Gromov, [G] and Grove-Petersen [GrP]. Before stating these, we establish the context by giving an earlier result of Cheeger [C1], [C3] (see also [GLP], [GreWu], $[\mathrm{Pe} 1],[\mathrm{Pe} 2],[\mathrm{We}]$ for related developments).

Theorem 3.1. (Cheeger). Given $n, d, V, K>0$, the collection of compact $n$-manifolds which admit metrics whose diameter, volume and curvature satisfy,

$$
\begin{aligned}
& \operatorname{dia}\left(M^{n}\right) \leq d \\
& \operatorname{Vol}\left(M^{n}\right) \geq V \\
& \left|K_{M}\right| \leq K
\end{aligned}
$$

contains only a finite number, $C\left(n, V^{-1} d^{n}, K d^{2}\right)$, of diffeomorphism types.
Remark 3.2. The basic point in the proof is to establish a lower bound on the length of a smooth closed geodesic (here one need only assume $K_{M} \geq K$ ). This, together with the assumption $K_{M} \leq K$, gives a lower bound on the injectivity radius of the exponential map (see [CE], Chapter 5). Although Theorem 3.1 predated the use of critical points, the crucial ingredient in the Grove-Petersen theorem below is essentially a generalization of the above mentioned lemma on closed geodesics (compare Example 1.6).

Theorem 3.3 (Grove-Petersen). Given $n, d, V>0$ and $H$, the collection of compact $n$ dimensional manifolds which admit metrics satisfying

$$
\begin{aligned}
& \operatorname{dia}\left(M^{n}\right) \leq d \\
& \operatorname{Vol}\left(M^{n}\right) \geq V \\
& K_{M} \geq H
\end{aligned}
$$

contains only a finite number, $C\left(n, V^{-1} d^{n}, H d^{2}\right)$, of homotopy types.
Remark 3.4. In [GrPW], the conclusion of Theorem 3.3 is strengthened to finiteness up to homeomorphism $(n \neq 3)$ and up to diffeomorphism $(n \neq 3,4)$. The proof employs techniques from "controlled topology". Thus, Theorem 3.3 supersedes Theorem 3.1 (as stated) if $n \neq 3,4$. However, Theorem 3.1 can actually be strengthened to give a conclusion which does not hold under the hypotheses of Theorem 3.3.

Given $\left\{M_{i}^{n}\right\}$ as in Theorem 3.1, there is a subsequence $\left\{M_{j}^{n}\right\}$, a manifold $M^{* *}$, and diffeomorphisms, $\phi_{j}: M^{n} \rightarrow M_{j}^{n}$, such that the pulled back metrics, $\phi_{j}^{*}\left(g_{j}\right)$, converge in the $C^{1, a}$-topology, for all $\alpha>1$ (see the references given at the beginning of this section for further details).

Example 3.5. By rounding off the tip of a cone, a surface of nonnegative curvature is obtained. From this example, one sees that under the conditions of Theorem 3.3, arbitrarily small metric balls need not be contractible. Thus, the criticality radius can be arbitrarily small (compare Remark 1.9).


Fig. 3.1
However, it will be shown that the inclusion of a sufficiently small ball into a somewhat larger one is homotopically trivial.

Example 3.6. Consider the surface of a solid cylindrical block from which a large number, $j$, of cylinders (with radii tending to 0 ) have been removed.


Fig. 3.2
The edges can be rounded so as to obtain a manifold, $M_{j}^{2}$, with $\operatorname{Vol}\left(M_{j}^{2}\right) \geq V$, $\operatorname{dia}\left(M_{j}^{2}\right) \leq d$ (but
$\inf K_{M_{j}^{2}} \rightarrow-\infty$, as $j \rightarrow \infty$ ). For the first Betti number, one has $b^{1}\left(M_{j}^{2}\right)=2 j \rightarrow \infty$.
Note that the metrics in this sequence can be rescaled so that $K_{M_{j}^{2}} \geq-1, \operatorname{Vol}\left(M_{j}^{2}\right) \rightarrow \infty$. Then, of course, $\operatorname{dia}\left(M_{j}^{2}\right) \rightarrow \infty$ as well.

Example 3.7. Consider the lens space $L_{n}^{3}$, obtained by dividing

$$
S^{3}=\left\{\left.\left(z_{1}, z_{2}\right)| | z_{1}\right|^{2}+\left|z_{2}\right|^{2}=1\right\},
$$

by the action of $\mathbb{Z}_{n}=\left\{1, a, \ldots, a^{n-1}\right\}$, where $a:\left(z_{1}, z_{2}\right) \rightarrow\left(e^{2 \pi i / n} z_{1}, e^{2 \pi i / n} z_{2}\right)$. Then $\operatorname{dia}\left(L_{n}^{3}\right)=$ $1, K_{L_{n}^{3}} \equiv 1$, but $\operatorname{Vol}\left(M_{n}^{3}\right) \rightarrow 0$, and $H_{1}\left(L_{n}^{3}, \mathbb{Z}\right)=\mathbb{Z}_{n}$. Thus, if the lower bound on volume is relaxed, there are infinitely many possibilities for the first homology group, $H_{1}$. Nonetheless, the following theorem of Gromov asserts that for any fixed coefficient field, $F$, the Betti numbers, $b^{i}\left(M^{n}\right)$ are bounded independent of $F$.

Theorem 3.8 (Gromov). Given $n, d>0, H$, and a field $F$, if

$$
\begin{aligned}
& \operatorname{dia}\left(M^{n}\right) \leq d, \\
& K_{M^{n}} \geq H,
\end{aligned}
$$

then

$$
\sum_{i} b^{i}\left(M^{n}\right) \leq C\left(n, H d^{2}\right)
$$

Corollary 3.9. If $M^{n}$ has nonnegative sectional curvature, $K_{M^{n}} \geq 0$, then

$$
\sum_{i} b^{i}\left(M^{n}\right) \leq C(n) .
$$

Remark 3.10. The most optimistic conjecture is that $K_{M^{n}} \geq 0$ implies $b^{i}\left(M^{n}\right) \leq\binom{ n}{i}$, and hence, $\sum_{i} b^{i}\left(M^{n}\right) \leq 2^{n}$. Note $b^{i}\left(T^{n}\right)=\binom{n}{i}$ where $T^{n}$ is a flat $n$-torus. At present, one knows only that $K_{M^{n}} \geq 0$ (in fact $\operatorname{Ric}_{M^{n}} \geq 0$ ) implies $b^{1}\left(M^{n}\right) \leq n$. But the method of proof of Theorem 3.8 does not give this sharp estimate; compare also [GLP], p. 72.

In proving Theorems 3.1, 3.3 and 3.8 , a crucial point is to bcund the number of balls of radius $\epsilon$ needed to cover a ball of radius $r$.

Proposition 3.11 (Gromov). Let the Ricci curvature of $M^{n}$ satisfy $\operatorname{Ric}_{M^{n}} \geq$ $(n-1) H$. Then given $r, \epsilon>0$ and $p \in M^{n}$, there exists a, covering, $B_{r}(p) \subset \cup_{1}^{N} B_{\epsilon}\left(p_{i}\right),\left(p_{i} \in B_{r}(p)\right)$ with $N \leq N_{1}\left(n, H r^{2}, r / \epsilon\right)$. Moreover, the multiplicity of this covering is at most $N_{2}\left(n, H r^{2}\right)$.

Remark 3.12. The condition $\operatorname{Ric}_{M^{n}} \geq(n-1) H$ is implied by $K_{M^{n}} \geq H$, in which case, the bound on $N_{1}$ could be obtained from Toponogov's theorem. For the proof of Proposition 3.11, see § 7 .

Remark 3.13. The conclusion of Theorem 3.8 (and hence of Corollary 2.7) fails if the hypothesis $K_{m} \geq H$ is weakened to the lower bound on Ricci curvature, Ric ${ }_{M}{ }^{n} \geq(n-1) H$; see [An], [ShY].

Remark 3.14. S. Zhu has shown that homotopy finiteness continues to hold for $n=3$, if the lower bound on sectional curvature is replaced by a lower bound on Ricci curvature; [Z]. Whether or not this remains true in higher dimensions is an open problem.

## 4. Homotopy finiteness.

Pairs of mutually critical points.
The main point in proving the theorem on homotopy finiteness is to establish a lower bound on the distance between a pair of mutually critical points (compare Example 1.6). For technical reasons we actually need a quantitative refinement of the notion of criticality.

Definition 4.1. $q$ is $\epsilon$-almost critical with respect to $p$, if for all $v \in M_{q}$, there exists $\gamma$, minimal from $q$ to $p$, with $\left(v, \gamma^{\prime}(0)\right) \leq \frac{\pi}{2}+\epsilon$.

Theorem 4.2. There exist $\epsilon=\epsilon\left(n, V^{-1} d^{n}, H d^{2}\right), \delta=\delta\left(n, V^{-1} d^{n}, H d^{2}\right)>0$, such that if $p, q \in M^{n}$

$$
\begin{aligned}
& \operatorname{dia}\left(M^{n}\right) \leq d \\
& \operatorname{Vol}\left(M^{n}\right) \geq V \\
& K_{M^{n}} \geq H \\
& \overline{p, q}<\delta d
\end{aligned}
$$

then at least one of $p, q$ is not $\epsilon$-almost critical with respect to the other.
The proof of Theorem 4.2 uses two results on volume comparison. The first of these, Lemma 4.3, is stated below and proved in the Appendix to this section. The second result, Proposition 4.7 is stated and proved in the Appendix.

For $X \subset Y$ closed, put

$$
T_{r}(X)=\{q \in Y \mid \overline{q, X}<r\}
$$

(the case of interest below is $Y=S^{n-1}$, the unit ( $n-1$ )-sphere).
Recall that the volume of a ball in $M_{H}^{n}$ is given as follows. Put

$$
\begin{aligned}
& \mathcal{A}_{n-1, H}(s)= \begin{cases}\left(\frac{1}{\sqrt{H}} \sin s \sqrt{H} s\right)^{n-1} & H>0 \\
s^{n-1} & H=0 \\
\left(\frac{1}{\sqrt{-H}} \sinh \sqrt{-H} s\right)^{n-1} & H<0\end{cases} \\
& V_{n, H}(r)=v_{n-1} \int_{0}^{r} \mathcal{A}_{n-1, H}(s) d s,
\end{aligned}
$$

where $v_{n-1}=V_{n-1,1}(\pi)$ is the volume of the unit ( $n-1$ )-sphere. Then in $M_{H}^{n}$,

$$
\operatorname{Vol}\left(B_{\mathbf{r}}(\underline{p})\right)=V_{n, H}(r) .
$$

Lemma 4.3. Let $X \subset S^{n}$ be closed. Then
a)

$$
\frac{\operatorname{Vol}\left(T_{r_{1}}(X)\right)}{\operatorname{Vol}\left(T_{r_{2}}(X)\right)} \geq \frac{V_{n, 1}\left(r_{1}\right)}{V_{n, 1}\left(r_{2}\right)}
$$

Thus,
b)

$$
\frac{\operatorname{Vol}\left(T_{r_{2}}(X)\right)-\operatorname{Vol}\left(T_{r_{1}}(X)\right)}{\operatorname{Vol}\left(T_{r_{2}}(X)\right)} \leq \frac{V_{n, 1}\left(r_{2}\right)-V_{n, 1}\left(r_{1}\right)}{V_{n, 1}\left(r_{2}\right)} .
$$

Remark 4.4. The lemma actually holds for $X \subset M^{n}$, where $\operatorname{Ric}_{M^{n}} \geq(n-1) H$ provided $V_{n, 1}(r)$ is replaced by $V_{n, H}$ (see Proposition 7.1).

Proof of Theorem 4.2: By scaling, we can assume $d=1$.
In i)-iii) below we determine $\epsilon, \delta$. In iv) we show that they have the desired properties.
i) Fix $\epsilon>0$. Let $\underline{\gamma}_{0}, \underline{\gamma}_{1}$ determine a hinge in $M_{H}^{2}$ with angle,

$$
\alpha<\frac{\pi}{2}-\epsilon,
$$

at the point,

$$
\underline{\gamma}_{0}\left(\ell_{0}\right)=\underline{\gamma}_{1}(0)
$$

Here, $L\left[{\underline{\gamma_{i}}}_{i}\right]=\ell_{i}$. Let $\delta=\delta(H, \epsilon, r)$ be the length of the base of an isosceles triangle in $M_{H}^{2}$ with equal sides of length $r$ and angle $\pi / 2-\epsilon$ opposite these sides. Then if

$$
\begin{aligned}
& \ell_{0} \leq \delta, \\
& \ell_{1} \geq r,
\end{aligned}
$$

we have

$$
\overline{\underline{\gamma}_{0}(0), \underline{\underline{\gamma}}_{1}\left(\ell_{1}\right)}<\ell_{1} .
$$



Fig. 4.1
ii) Determine $\epsilon=\epsilon\left(n, V^{-1}, H\right)$ by

$$
\frac{V_{n-1,1}\left(\frac{\pi}{2}+\epsilon\right)-V_{n-1,1}\left(\frac{\pi}{2}-\epsilon\right)}{V_{n-1,1}\left(\frac{\pi}{2}+\epsilon\right)} \times V_{n, H}(1)=\frac{V}{6} .
$$

iii) Determine $r=r\left(n, V^{-1}, H\right)$ by

$$
V_{n, H}(r)=\frac{V}{6} .
$$

iv) Assume $p, q$ are mutually $\epsilon$-almost critical and that $\overline{p, q}<\delta$ with $\delta, \epsilon, r$ as in i)-iii). We claim $\operatorname{Vol}\left(M^{n}\right) \leq \frac{2}{3} V$ which is a contradiction.

Let

$$
M^{n}(p)=\left\{x \in M^{n} \mid \overline{x, p}<\overline{x, q}\right\}
$$

Since $M \backslash\left(M^{n}(p) \cup M^{n}(q)\right)$ has measure zero, by symmetry, it suffices to show

$$
\operatorname{Vol}\left(M^{n}(p)\right) \leq \frac{V}{3}
$$

Let $X \subset S^{n-1} \subset M_{p}^{n}$ be the set of tangent vectors to minimal geodesics from $p$ to $q$. By assumption, $\overline{T_{(\pi / 2)+\epsilon}(X)}=S^{n-1}$. Hence by ii), Lemma 4.3 b ) and Proposition 4.7, the volume of the set of points, $x \in M^{n} \backslash C_{p}$, such that $x=\gamma(\ell)$, and $\gamma^{\prime}(0) \notin T_{(\pi / 2)-\epsilon}(X)$, is at most $V / 6$.

But if $y=\sigma(u), \sigma^{\prime}(0) \in T_{(\pi / 2)-\epsilon}(X)$ and $u>r$, then by i) and Toponogov's theorem B), we have

$$
\overline{q, y}<\overline{p, y} .
$$

Therefore $y \notin M^{n}(p)$.
By the choice of $r$ (see iii)) the set of such $y \in M^{n}(p)$ has volume $\leq V / 6$ (see again Proposition 4.7). Thus, we get the contradiction

$$
\operatorname{Vol}\left(M^{n}(p)\right) \leq \frac{V}{6}+\frac{V}{6}=\frac{V}{3} .
$$

Let $\Delta \subset M \times M$ denote the diagonal.
Corollary 4.5. Let $M^{n}, \delta$ be as above. Then there exists a deformation retraction $H_{t}$ : $T_{(\delta / 2) d}(\Delta) \rightarrow \Delta(t \in[0,1])$ such that the curves, $t \rightarrow H_{i}(p, q)$ have length

$$
L\left[H_{t}(p, q)\right] \leq R\left(n, V^{-1} d^{n}, H d^{2}\right) \overline{p, q} .
$$

Proof: By scaling, it suffices to assume $d=1$. Let $(p, q) \in T_{\delta / 2}(\Delta)$ with say $q$ not $\varepsilon$-critical with respect to $p$. Let $U_{q}, W_{q}$ be as in the Isotopy Lemma 1.4. Let $W_{(p, q)}^{\prime}$ be the vector field ( $0, W_{q}$ ) on some sufficiently small neighborhood $V_{p} \times W_{q}$. (By averaging under the flip, we can even replace $W_{(p, q)}^{\prime}$ by $W_{(p, q)}^{\prime \prime}$ such that $\left.W_{(p, q)}^{\prime \prime}=W_{(q, p)}^{\prime \prime}\right)$. The proof is completed by a partition of unity construction and first variation argument like those in the Isotopy Lemma 1.4 (the deformation we obtain does not necessarily preserve $T_{\delta / 2}(\Delta)$, but satisfies the estimate above).

Curves varying continuously with their endpoints.
Let $(p, q) \in T_{\delta / 2}(\Delta)$. Write $H_{t}(p, q)=\left(\phi_{1}(t, p, q), \phi_{2}(t, p, q)\right)$. Put

$$
\phi(t, p, q)= \begin{cases}\phi_{1}(2 t, p, q) & 0 \leq t \leq \frac{1}{2} \\ \phi_{2}(1-2 t, p, q) & \frac{1}{2} \leq t \leq 1\end{cases}
$$

Then $\phi(t, p, q)$ is a curve from $p$ to $q$, which depends continuously on $(p, q)$, with

$$
L[\phi(t, p, q)] \leq R \overline{p, q} .
$$



Fig. 4.2
Maps which are close are homotopic.
Corollary 4.6. Let $N$ be arbitrary and $f_{i}: N \rightarrow M^{n}$ (as above) $i=1,2$. If $\overline{f_{1}(x), f_{2}(x)}<$ $\frac{\delta}{2} d$, for all $x \in N$, then $f_{0}, f_{1}$ are homotopic.

Proof: The required homotopy is given by

$$
f_{t}(x)=\phi\left(t, f_{0}(x), f_{1}(x)\right)
$$

Mapping in simplices (center of mass).
Let $\left(p_{0}, \ldots, p_{k}\right) \in M \times \cdots \times M$, such that $\overline{p_{i}, p_{j}} \leq\left(1+\cdots+R^{k-1}\right)^{-1} \frac{\delta}{2} d$. Construct a map of a $k$-simplex into $M^{n}$, inductively as follows.
i) Join $p_{0}$ to $p_{1}$ by $\phi\left(t, p_{0}, p_{1}\right)$
ii) Join $p_{2}$ to each point of $\phi\left(t, p_{0}, p_{1}\right)$ by $\phi\left(s, \phi\left(t, p_{0}, p_{1}\right), p_{2}\right)$.
iii) Join $p_{3}$ to each point of $\phi\left(s, \phi\left(t, p_{0}, p_{1}\right), p_{2}\right)$ by $\phi\left(u, \phi\left(s, \phi\left(t, p_{0}, p_{1}\right), p_{2}\right), p_{3}\right)$, etc.


Fig. 4.3

After an obvious reparametrization, we get a map to $M^{n}$ of the simplex $\left(\alpha_{0}, \ldots, \alpha_{k}\right), 0 \leq$ $\alpha_{i} \leq 1, \sum \alpha_{i}=1$.

## Proof of Theorem 3.3:

i) By scaling, the metric we can assume $d=1$
ii) By Proposition 3.11, for any such $M^{n}$, we can fix a covering,

$$
M^{n}=\cup B_{\epsilon}\left(p_{i}\right), \text { where } 0 \leq i \leq N_{1}(n, H, \epsilon, 10) .
$$

Moreover, the multiplicity of this covering is $\leq N_{2}(n, H)$. Take

$$
\epsilon=\frac{\delta}{12}\left(1+R+\cdots+R^{N_{1}-1}\right)^{-1},
$$

with $\delta, R$ as in Theorem 4.1.
iii) Since $0<\overline{p_{i}, p_{j}} \leq 1$, by the "pigeon-hole" principle, we can divide the collection of all such $M^{n}$ into $C\left(n, V^{-1}, H\right)$ classes, such that if $M_{1}^{n}, M_{2}^{n}$ are in the same class,

$$
\operatorname{card}\left(\left\{p_{i, 1}\right\}\right)=\operatorname{card}\left(\left\{p_{i, 2}\right\}\right)=c \leq N_{1},
$$

and for $\left\{p_{i, \ell}\right\} \subset M_{\ell}^{n}, \ell=1,2$ as above,

$$
\left|\overline{p_{i, 1}, p_{j, 1}}-\overline{p_{i, 2}, p_{j, 2}}\right| \leq \frac{\delta}{12}\left(1+R+\cdots+R^{N_{i}-1}\right)^{-1}
$$

iv) It suffices to show that $M_{1}^{n}, M_{2}^{n}$ as in iii) are homotopy equivalent. Construct a map $h_{1}$ : $M_{1}^{n} \rightarrow M_{2}^{n}$ as follows. Choose a partition of unity, $\sum \phi_{i} \equiv 1$, subordinate to $\left\{B_{\epsilon}\left(p_{i, 1}\right)\right\}$. Define a map $\eta_{1}$ of $M_{1}^{n}$ to the standard ( $c-1$ )-simplex by

$$
\eta_{1}(x)=\left(\phi_{0}(x), \ldots, \phi_{c-1}(x)\right) .
$$

Let $K$ be the subcomplex consisting of those closed simplices whose interior has nonempty intersection with range $\eta_{1}$. It follows from iii) that for any $\sigma \in K$ we can define a map $g_{1}: \sigma \rightarrow M_{2}^{n}$ (using the center of mass construction). The maps on the various $\sigma \subset K$ fit together to give $g_{1}: K \rightarrow M_{2}^{n}$. Put $h_{1}=g_{1} \eta_{1}$ and define $h_{2}: M_{2}^{n} \rightarrow M_{1}^{n}$ similarly.

Let $\operatorname{Id}_{M_{j}}$ denote the identity map on $M_{j}$. It is easy to see that the pairs ( $h_{2} h_{1}, I d_{M_{1}}$ ), $\left(h_{1} h_{2}, I d_{M_{2}}\right)$ satisfy the hypothesis of Corollary 4.6. q.e.d.

## Appendix

Proof of Lemma 4.3: For all $\epsilon>0$, we can find a finite set of points, $X_{\epsilon}$, such that $T_{\epsilon}\left(X_{\epsilon}\right) \supset X, T_{\epsilon}(X) \supset X_{\epsilon}$. Since ultimately, we can let $\epsilon \rightarrow 0$, it follows easily that it suffices to assume that $X=p_{1} \cup \cdots \cup p_{N}$ is itself a finite set. Fix $i$ and define the starlike set, $U_{r}$, by

$$
U_{r}=\left\{x \in T_{r}(X) \mid \overline{x, p_{i}}<\overline{x, p_{j}} \quad \forall j \neq i\right\} .
$$

Since $i$ is arbitrary, it clearly suffices to show

$$
\frac{\operatorname{Vol}\left(U_{r_{1}}\right)}{\operatorname{Vol}\left(U_{r_{2}}\right)} \geq \frac{V_{n, 1}\left(r_{1}\right)}{V_{n, 1}\left(r_{2}\right)}
$$

Put

$$
\left\{A_{r_{1}}=\gamma(s) \mid \gamma(s) \in U_{r_{1}} \text { and } \exists t>r_{1} \text { with } \gamma(t) \in U_{r_{2}}\right\} .
$$

Then, clearly we get

$$
\frac{\operatorname{Vol}\left(U_{r_{1}}\right)}{\operatorname{Vol}\left(U_{r_{2}}\right)} \geq \frac{\operatorname{Vol}\left(A_{r_{1}}\right)}{\operatorname{Vol}\left(U_{r_{2}}\right)} \geq \frac{V_{n, 1}\left(r_{1}\right)}{V_{n, 1}\left(r_{2}\right)} \text {. q.e.d. }
$$



Fig. 4.4

Let $\gamma$ be a geodesic with $\gamma(0)=p$ and let $\gamma\left(\ell_{j}\right)$ denote the cut point of $\gamma$. Let $U$ be the interior of the cut locus in $M_{p}^{n}$. Thus,

$$
U=\left\{t \gamma^{\prime}(0) \mid 0 \leq t<\ell_{j}\right\} .
$$

Then $\exp _{p} \bar{U}=M^{n}$.
Let $I: M_{p}^{n} \rightarrow\left(\underline{M}_{H}^{n}\right)_{\underline{p}}$ be an isometry and put

$$
\underline{U}=\exp _{\underline{P}} \cdot I(U)
$$

Proposition 4.7. The map

$$
\exp _{p} \cdot I^{-1} \cdot \exp _{\underline{p}}^{-1} \mid \bar{U}
$$

is distance decreasing if $K_{M^{n}} \geq H$ and volume decreasing if $\operatorname{Ric}_{M^{n}} \geq(n-1) H$.
Proof: The first assertion is clear from Toponogov's theorem B). In particular the above map is volume decreasing in this case. For the second assertion, see Remark 7.3.
5. Betti numbers and rank.

Gromov's inequality (Theorem 3.8)

$$
\sum b^{i}\left(M^{n}\right) \leq C\left(n, H d^{2}\right)
$$

depends on a novel method of estimating Betti numbers (as well as on the interaction between curvature and critical point theory, in particular, Corollary 2.7). In the present section, we estimate Betti numbers in terms of an invariant called rank. This part of the discussion (and much of that of §6) applies to metric spaces considerably more general than riemannian manifolds. In §6, we show that in the context of Theorem 3.8, rank can be estimated in terms of curvature and diameter (specifically in terms of the numbers $\mathcal{N}\left(n, H d^{2}\right)$ of Corollary 2.7 and $N_{1}\left(n, H d^{2}, 10^{n+1}\right)$ of Proposition 3.11).

Let $U_{1}, U_{2} \subset M$ be open. The Mayer-Vietoris sequence,

$$
\rightarrow H^{i-1}\left(U_{1} \cap U_{2}\right) \rightarrow H^{i}\left(U_{1} \cup U_{2}\right) \rightarrow H^{i}\left(U_{1}\right) \oplus H^{i}\left(U_{2}\right) \rightarrow
$$

leads immediately to the estimate

$$
b^{i}\left(U_{1} \cup U_{2}\right) \leq b^{i}\left(U_{1}\right)+b^{i}\left(U_{2}\right)+b^{i-1}\left(U_{1} \cap U_{2}\right)
$$

(we regard $b^{j}(X)=0$ for $j<0$ ).
This generalizes as follows:
Consider $U_{1}, \ldots, U_{N}$ and put

$$
U_{(j)}:=U_{k_{0}} \cap \cdots \cap U_{k_{j}}
$$

## Proposition 5.1.

$$
b^{i}\left(U_{1} \cup \cdots \cup U_{N}\right) \leq \sum_{U_{(j)}} b^{j}\left(U_{(i-j)}\right)
$$

Proof: Note that

$$
\begin{gathered}
U_{0} \cup \ldots \cup U_{t+1}=\left(U_{1} \cup \cdots U_{t}\right) \cup U_{t+1} \\
\left(U_{0} \cup \cdots \cup U_{t}\right) \cap U_{t+1}=\left(U_{0} \cap U_{t+1}\right) \cup \cdots \cup\left(U_{t} \cap U_{t+1}\right)
\end{gathered}
$$

Apply the previous estimate and induction to the pair ( $U_{1} \cup \ldots \cup U_{t}$ ), $U_{t+1}$ and use induction to estimate $b^{i-1}\left(\left(U_{0} \cup \ldots \cup U_{t}\right) \cap U_{t+1}\right)$.

It is extremely useful to further generalize these estimates to give bounds on the ranks of induced maps on cohomology (note $b^{i}=\operatorname{rk}\left(\operatorname{Id}_{H^{i}}\right)$ ).

Let $V_{1} \xrightarrow{g} V_{2} \xrightarrow{f} V_{3}$ be linear transformations of vector spaces. Then

$$
r k(f g) \leq \min (r k(f), r k(g))
$$

Thus, if $A \stackrel{\sim}{\subset} B \stackrel{v}{\subset} C \stackrel{w}{\subset} D$, with $u, v, w$, the inclusion maps and $u^{*}, v^{*}, w^{*}$, the induced maps on cohomology, then

$$
\begin{equation*}
r k\left((u v w)^{*}\right) \leq r k\left(v^{*}\right), \tag{*}
\end{equation*}
$$

Definition 5.2. If $A \subset B$ let $b^{i}(A, B)$ denote $r k\left(u^{*}\right)$, where $u^{*}: H^{i}(B) \rightarrow H^{i}(A)$.
Remark 5.3. If $A, B$ are open, with $\bar{A} \subset B$, then there exists a submanifold, $Y^{n}$, with smooth boundary, such that $A \subset Y^{n} \subset B$. Then

$$
b^{i}(A, B) \leq b^{i}(Y, Y)=b^{i}(Y)<\infty
$$

Let $\bar{U}_{i}^{j} \subset U_{i}^{j+1}, i=1, \ldots, N, j=0, \ldots, n+1$. Put $X^{j}=U_{i} U_{i}^{j}$. Thus

$$
X^{0} \subset X^{1} \subset \ldots \subset X^{n+1}
$$

Then we have the following generalization of Proposition 5.1.
Proposition 5.4.

$$
b^{i}\left(X^{0}, X^{n+1}\right) \leq \sum_{j,(i-j)} b^{j}\left(U_{(i-j)}^{j} U_{(i-j)}^{j+1}\right)
$$

The proof of Proposition 5.4, which is a standard application of the double complex associated to an open cover, is given in the Appendix to this section.

We are particularly interested in coverings by balls. First we note the obvious

## Lemma 5.5.

$$
B_{r}\left(p_{1}\right) \cap \ldots \cap B_{r}\left(p_{j}\right) \neq \emptyset
$$

implies that for $1 \leq i \leq j$

$$
B_{r}\left(p_{1}\right) \cap \ldots \cap B_{r}\left(p_{j}\right) \subset B_{r}\left(p_{i}\right) \subset B_{5 r}\left(p_{i}\right) \subset B_{10 r}\left(p_{1}\right) \cap \ldots \cap B_{10 r}\left(p_{j}\right)
$$

Proof: This follows immediately from the triangle inequality.

## Content.

Put

$$
\begin{gathered}
b^{i}(r, p):=b^{i}\left(B_{r}(p), B_{5 r}(p)\right) \\
\operatorname{cont}(r, p):=\sum_{i} b^{i}(r, p)
\end{gathered}
$$

Note. If $r>\operatorname{dia}(M)$, then $b^{i}(r, p)=b^{i}(M)$.
Corollary 5.6.

$$
b^{i}\left(B_{r}\left(p_{1}\right) \cap \cdots B_{r}\left(p_{j}\right), B_{10 r}\left(p_{1}\right) \cap \cdots B_{10 r}\left(p_{j}\right)\right) \leq b^{i}\left(r, p_{i}\right), \quad 1 \leq i \leq j
$$

Proof: This follows from Lemma 5.5 and the inequality (*) preceding Definition 5.2.

Assume now that for any ball, $B_{r}(p)$, we have $B_{r}(p) \subset \cup_{1}^{N} B_{\epsilon}\left(p_{i}\right)$, with $p_{i} \in B_{r}(p)$ and $N \leq N(\epsilon, r)$.

For the next corollary we will need the observation that if $p^{\prime} \in B_{r}(p)$, then by the triangle inequality,
$(+)$

$$
B_{10 \cdot r / 10}\left(p^{\prime}\right)=B_{r}\left(p^{\prime}\right) \subset B_{5 r}(p)
$$

Corollary 5.7. If for all $p^{\prime} \in B_{r}(p)$ and $j=1, \ldots, n+1$

$$
\operatorname{cont}\left(10^{-j} r, p^{\prime}\right) \leq c,
$$

then

$$
\operatorname{cont}(r, p) \leq(n+1) \cdot 2^{N\left(10^{-(n+1)} r, r\right)} \cdot c
$$

Proof: Take a cover of $B_{r}(p)$ by balls $B_{10-(n+1)_{r}}\left(p_{i}\right)$ as above. Put $U_{i}^{j}=B_{10^{j-(n+1) r}}\left(p_{i}\right)$ and apply Proposition 5.4. The total number of intersections, $U_{(i-j)}^{j}$, on the right-hand side of the inequality in Proposition 5.4 is at most $(n+1) 2^{N\left(10^{-(n+1)} r, r\right)}$. Also, by Corollary 5.6, we certainly have

$$
b^{j}\left(U_{(i-j)}^{j}, U_{(i-j)}^{j+1}\right) \leq c
$$

Since

$$
B_{r}(p) \subset U^{0} \subset U^{n+1} \subset B_{5 r}(p)
$$

(see ( + ) above) the claim follows from the inequality (*).
Thus, the content of a given ball can be estimated in terms of the contents of certain smaller balls.

There is an easier, but equally important means of estimating content.

## Compression

Definition 5.8. We say $B_{r}(p)$ compresses to $B_{s}(q)$ and write $B_{r}(p) \mapsto B_{s}(q)$, if

1) $5 s+\overline{p, q} \leq 5 r$.
2) There is a homotopy, $f_{t}: B_{r}(p) \rightarrow B_{5 r}(p)$, with $f_{0}$ the inclusion and $f_{1}\left(B_{r}(p)\right) \subset B_{s}(q)$.

Note. By 1), $B_{r}(p) \mapsto B_{s}(q)$ implies $s \leq r$.
Lemma 5.9. If $B_{r}(p) \mapsto B_{s}(q)$, then

$$
\begin{aligned}
& b^{i}(r, p) \leq b^{i}(s, q) \\
& \operatorname{cont}(r, p) \leq \operatorname{cont}(s, q)
\end{aligned}
$$

Proof: Obvious by (*).

## Rank

Now for each ball, $B_{r}(p)$ we define (inductively) an integer called the rank. This invariant enables us to conveniently combine our two methods of estimating content (Corollary 5.7 and Lemma 5.9).

Definition 5.10.
i) $\operatorname{rank}(r, p):=0$, if $B_{r}(p) \mapsto B_{s}(q)$, with $B_{s}(q)$ contractible.
ii) $\operatorname{rank}(r, p):=j$, if $\operatorname{rank}(r, p)$ is $n o t \leq j-1$ and if $B_{r}(p) \mapsto B_{s}(q)$, such that for all $q^{\prime} \in B_{s}(q)$, with $s^{\prime} \leq \frac{1}{10} s$, we have $\operatorname{rank}\left(s^{\prime}, q^{\prime}\right) \leq j-1$.

Remark 5.11. Of necessity, there exists some $B_{s^{\prime}}\left(q^{\prime}\right)$ as in ii) with $\operatorname{rank}\left(s^{\prime}, q^{\prime}\right)=j-1$; otherwise we would have $\operatorname{rank}(r, p) \leq j-1$.

Proposition 5.12. If balls of radius $<\epsilon$ are contractible, then

$$
\operatorname{rank}(r, p) \leq \frac{\log r / \epsilon}{\log 10}+1
$$

Proof: Trivial by induction.
Corollary 5.13.

$$
\operatorname{cont}(r, p) \leq\left((n+1) 2^{N\left(10^{-(n+1)} r, r\right)}\right)^{r a n k(r, p)} .
$$

Proof: By induction, this follows from Corollary 5.7, and Definition 5.10.
Remark 5.14. Needless to say, there is some degree of arbitrariness involved in the choice of constants 5, 10, (and $\frac{1}{2}$ ) which appear in Definitions 5.2, 5.10 (and 6.1) respectively.

Remark 5.15. In certain respects, our terminology and notation in $\S \S 5,6$, differ somewhat from that of [G].

## Appendix. The generalized Mayer-Vietoris estimate.

Our considerations here are very similar to those of $\{B T\}$, Chapter II.
Let $U_{i} U_{i}=X$ be an open cover of $X$. Put

$$
C^{i, j}=\oplus_{(i)} C^{j}\left(U_{(i)}\right)
$$

where $C^{j}\left(U_{(i)}\right)$ denotes the space of singular $j$-cochains, with coefficients in some field. The double complex $C^{* *}:=\oplus_{i, j} C^{i, j}$ has two differentials,

$$
\begin{array}{ll}
\delta: C^{i, j} \rightarrow C^{i+1, j}, & \delta^{2}=0 \\
d: C^{i, j} \rightarrow C^{i, j+1}, & d^{2}=0
\end{array}
$$

( $d$ is induced by $d: C^{j}\left(U_{(i)}\right) \rightarrow C^{j+1}\left(U_{(i)}\right)$ ). The total differential, $(d+\delta)$, also satisfies $(d+\delta)^{2}=$ 0.

A $j$-cochain on $X=U U^{i}$ determines and is determined by $x \in C^{0, j}$, with $\delta x=0$. Under this identification $d: C^{0, j} \rightarrow C^{0, j+1}$ corresponds to $d: C^{j}(X) \rightarrow C^{j+1}(X)$.

A basic fact we need is that $C^{*}$ is $\delta$-acyclic for $i>0$, i.e. $y \in C^{i, j}(i>0) ; \delta y=0$ implies $y=\delta z$ for some $z \in C^{i-1, j}$.

Let $X^{k}=\cup_{i} U_{i}^{k}$, where $\bar{U}_{i}^{k} \subset U_{i}^{k+1}$. Denote by $C^{*}(k)$, the double complex associated to $X^{k}=U_{i} U_{i}^{k}$. There is a natural restriction map $r_{k}: C^{i, j}(k) \rightarrow C^{i, j}(k+1)$, commuting with $d, \delta$.

Proof of Proposition 5.4: Let $Z^{j} \subset C^{0, j}(j+1) \cap$ ker $d+\delta$, be a space of representative cocycles, mapping isomorphically onto $H^{j}\left(X^{j+1}\right)$. We will define a filtration,

$$
Z^{j}=Z_{j+1}^{j} \supset Z_{j}^{j} \supset \ldots \supset Z_{0}^{j}
$$

such that

$$
\begin{equation*}
\operatorname{dim}\left(Z_{s+1}^{j} / Z_{s}^{j}\right) \leq \sum_{s,(j-s)} b^{s}\left(U_{(j-s)}^{s}, U_{(j-s)}^{s+1}\right) \tag{x}
\end{equation*}
$$

and if $z \in Z_{0}^{j}$, then $r_{0}^{*} \cdot r_{1}^{*} \cdots r_{j}^{*}(z)$ is exact. This will suffice to prove Proposition 5.4.
Put

$$
Z_{j}^{j}:=\left\{z \in Z^{j} \mid r_{j}^{*}(z) \text { is } d \text { exact }\right\}
$$

Choose a linear map $d^{-1}: r_{j}^{*}\left(Z_{j}^{j}\right) \rightarrow C^{0, j-1}(j), d d^{-1}(z)=z$. From $\delta z=0, d \delta=-\delta d$, we get $d \delta d^{-1}(z)=0$ (and of course $\delta\left(\delta d^{-1}(z)\right)=0$ ).

Define $Z_{j-1}^{j} \subset Z_{j}^{j}$ by

$$
Z_{j}^{j}:=\left\{z \in Z_{j-1}^{j} \mid r_{j-1}^{*} \delta d^{-1} r_{j}^{*}(z) \text { is } d \text { exact }\right\}
$$

By proceeding in this way, we obtain $Z_{j+1}^{j} \supset Z_{j}^{j} \supset \ldots \supset Z_{0}^{j}$, for which the inequality ( $\times$ ) obviously holds.

Note that $z \in Z_{0}^{j}$ implies

$$
r_{0}^{*} \delta d^{-1} r_{1}^{*} \delta d^{-1} \ldots \delta d^{-1} r_{j}^{*}(z) \equiv 0
$$

since an exact 0 -cochain vanishes identically.
To show $r_{0}^{*} \ldots r_{j}^{*}(z)$ is exact, put

$$
a_{s}=(-1)^{s+j-1} r_{0}^{*} \ldots r_{s-1}^{*}\left(d^{-1} r_{s}^{*}\right)\left(\delta d^{-1} r_{s+1}^{*} \ldots \delta d^{-1} r_{j}^{*}\right)(z)
$$

Then

$$
r_{0}^{*} \ldots r_{j}^{*}(z)=(d+\delta)\left(a_{j-1}+\ldots+a_{0}\right)
$$

Using $\delta$-acyclicity, choose $b_{0} \in C^{j-1,0}(0)$, with $\delta b_{0}=a_{0}$. Put $a_{1}^{\prime}=a_{1}-d b_{0}$. Then

$$
\begin{aligned}
r_{0}^{*} \ldots r_{j}^{*}(z) & =(d+\delta)\left(a_{j-1}+\ldots+a_{0}-(d+\delta) b_{0}\right) \\
& =(d+\delta)\left(a_{j-1}+\ldots+a_{2}+a_{1}^{\prime}\right)
\end{aligned}
$$

Proceeding in this way, we find by induction. $\bar{a}_{j-1} \in C^{0, j-1}(0)$, with

$$
r_{0}^{*} \cdot \ldots r_{j}^{*}(z)=(d+\delta) \hat{a}_{j-1} .
$$

Then, we have

$$
\begin{aligned}
r_{0}^{*} \cdots r_{j}^{*}(\tilde{z}) & =d \hat{a}_{j-1}, \\
0 & =\delta \hat{a}_{j-1},
\end{aligned}
$$

which completes the proof.
6. Rank, curvature and diameter.

In this section, we will show how a lower bound on curvature leads to an estimate on $\operatorname{rank}(r, p)$, and hence via Corollary 5.13, to an estimate on $\operatorname{cont}(r, p)$. For this purpose, it is convenient to work with a slightly modified definition of rank.

Definition 6.1. A ball, $B_{r}(p)$, is called incompressible if $B_{r}(p) \mapsto B_{s}(q)$ implies $s>\frac{1}{2} r$.
It is obvious that any ball, $B_{r}(p)$, can be compressed either to a contractible ball (in which case $\operatorname{rank}(r, p)=0$ ) or to an incompressible ball.

## Definition 6.2.

i) $\operatorname{rank}^{\prime}(p, r):=0$, if $B_{r}(p) \mapsto B_{s}(q)$, with $B_{s}(q)$ contractible
ii) $\operatorname{rank}^{\prime}(p, r):=j$ if $\operatorname{rank}^{\prime}(p, r) \neq j-1$ and $B_{r}(p) \mapsto B_{s}(q)$ such that: $B_{s}(q)$ is incompressible and for all $q^{\prime} \in B_{s}(q)$ and $s^{\prime} \leq \frac{1}{10} s$, we have $\operatorname{rank}\left(q^{\prime}, s^{\prime}\right) \leq j-1$.

Thus, we have modified Definition 5.10, by adding the stipulation that the ball, $B_{s}(q)$, of ii), must be incompressible.

Clearly, $\operatorname{rank}^{\prime}(p, r)$ still satisfies the bound of Proposition 5.12. Moreover, it is obvious that

$$
\operatorname{rank}(r, p) \leq \operatorname{rank}^{\prime}(r, p)
$$

The reason for insisting on incompressibility in the definition of $\operatorname{rank}^{\prime}(r, p)$ stems from
Lemma 6.3. Let $B_{r}(p) \subset M^{n}$, a complete riemannian manifold. Assume

$$
\begin{aligned}
& 5 s+\overline{p, y} \leq 5 r, \\
& \overline{p, y} \leq 2 r
\end{aligned}
$$

Then if $B_{r}(p)$ does not compress to $B_{s}(y)$, there exists a critical point, $x$, of $y$, with

$$
s \leq \overline{x, y} \leq r+\overline{p, y}
$$

Thus, $x \subset B_{r+2 \bar{p}, \bar{y}}(p) \subset B_{5 r}(p)$.
Proof: If there were no such critical point, then by the Isotopy Lemma 1.4, the ball $B_{r+\bar{p}, \bar{y}}(y)$ could be deformed to lie inside of $B_{s}(y)$. Since, $5 s+\overline{p, y} \leq 5 r$, and

$$
B_{r}(p) \subset B_{r+\overline{p, y}}(y) \subset B_{5 r}(p)
$$

this would contradict the assumption that $B_{r}(p)$ does not compress to $B_{\boldsymbol{s}}(y)$.
Now we can show a connection between the size of $\operatorname{rank}^{\prime}(r, p)$ and the existence of critical points.

We will need the observation that if $p^{\prime} \in B_{r}(p)$, then by the triangle inequality,

$$
\begin{equation*}
B_{5 \cdot(r / 10)}\left(p^{\prime}\right)=B_{r / 2}\left(p^{\prime}\right) \subset B_{3 r / 2}(p) \tag{*}
\end{equation*}
$$

Lemma 6.4. Let $M^{n}$ be riemannian and let $\operatorname{rank}^{\prime}(r, p)=j$. Then there exists $y \in B_{5 r}(p)$ and $x_{j}, \ldots, x_{1} \in B_{5 r}(p)$, such that for all $i \leq j, x_{i}$ is critical with respect to $y$ and

$$
\overline{x_{i}, y} \geq \frac{5}{4} \overline{x_{i}-1, y} .
$$

Proof: We can assume without loss of generality that $B_{r}(p)$ is incompressible (in this case, we will see that $\left.y \in B_{3 r / 2}(p), x_{i} \in B_{3 r / 2}(p)\right)$. Put $p_{j}=p, r_{j}=r$. By the definition of $\operatorname{rank}^{\prime}(r, p)$, there exists $\hat{p}_{j-1} \in B_{r_{j}}\left(p_{j}\right), \hat{r}_{j-1} \leq \frac{1}{10} r_{j}$, such that

$$
\operatorname{rank}^{\prime}\left(\hat{r}_{j-1}, \hat{p}_{j-1}\right)=j-1
$$

By (*) above,

$$
B_{3 r_{j} / 2}\left(p_{j}\right) \supset B_{5 r_{j-1}}\left(\hat{p}_{j-1}\right) .
$$

If $B_{r_{j-1}}\left(\hat{p}_{j-1}\right)$ is incompressible, put

$$
p_{j-1}=\hat{p}_{j-1}, \quad r_{j-1}=\hat{r}_{j-1} .
$$

If not, there exists an incompressible ball, which in this case we call $B_{r_{j-1}}\left(p_{j-1}\right)$, such that $B_{\hat{r}_{j-1}}\left(\hat{p}_{j-1}\right) \mapsto B_{r_{j-1}}\left(p_{j-1}\right)$ and

$$
\operatorname{rank}^{\prime}\left(r_{j-1}, p_{j-1}\right)=j-1
$$

Since $B_{\dot{r}_{j-1}}\left(\hat{p}_{j-1}\right) \mapsto B_{r_{j-1}}\left(p_{j-1}\right)$ implies $B_{5 r_{j-1}}\left(p_{j-1}\right) \subset B_{5_{r_{j-1}}}\left(\hat{p}_{j-1}\right)$, in either case we obtain

$$
B_{3 r_{j} / 2}\left(p_{j}\right) \supset B_{5 r_{j-1}}\left(p_{j-1}\right)
$$

Also, since in the second case $r_{j-1} \leq \hat{r}_{j-1}$, in either case, we have

$$
r_{j-1} \leq \frac{1}{10} r_{j}
$$

By proceeding in this fashion, we obtain balls, $B_{r_{i}}\left(p_{i}\right), i=0,1, \ldots, j$, such that for $1 \leq i \leq j$, $B_{r_{i}}\left(p_{i}\right)$ is incompressible and

$$
\begin{aligned}
& B_{3 r_{i} / 2}\left(p_{i}\right) \supset B_{5 r_{i-1}}\left(p_{i-1}\right) \\
& r_{i-1} \leq \frac{1}{10} r_{i}
\end{aligned}
$$

Put $y=p_{0}$. Then, $y \in B_{3 r_{i} / 2}\left(p_{i}\right)$, for all $1 \leq i \leq j$. In particular,

$$
\begin{aligned}
& \overline{p_{i}, y}+5 \cdot \frac{1}{2} r_{i} \leq 4 r_{i}<5 r_{i} \\
& \overline{p_{i}, y} \leq \frac{3}{2} r_{i}<2 r_{i}
\end{aligned}
$$

(the conditions of Lemma 6.3).
Since, $B_{r_{i}}\left(p_{i}\right)$ is incompressible, it does not compress to $B_{r_{i} / 2}(y)$. Thus, by Lemma 6.3, there exists a critical point, $x_{i}$, with

$$
\frac{1}{2} r_{i} \leq \overline{x_{i}, y} \leq r_{i}+2 \cdot \frac{3}{2} r_{i}=4 r_{i}
$$

Then,

$$
\begin{aligned}
\overline{x_{i}, y} & \geq \frac{1}{2} r_{i} \\
& \geq 5 r_{i-1} \\
& \geq \frac{5}{4} 4 r_{i-1} \\
& \geq \frac{5}{4} \overline{x_{i-1}, y} . \quad \text { q.e.d. }
\end{aligned}
$$

Corollary 6.5.

$$
\operatorname{rank}(r, p) \leq\left\{\begin{array}{ll}
\mathcal{N}(n) & H=0 \\
\mathcal{N}\left(n, H d^{2}\right) & H<0
\end{array} .\right.
$$

Proof: This follows immediately from Corollary 2.7, Lemma 6.4 and the inequality $\operatorname{rank}(r, p) \leq \operatorname{rank}^{\prime}(r, p)$.

Proof of Theorem 3.8: By Proposition 3.11,

$$
N\left(10^{-(n+1)} r, r\right) \leq\left\{\begin{array}{l}
N_{1}\left(n, 10^{-(n+1)}\right) \\
N_{1}\left(n, H d^{2}, 10^{-(n+1)}\right)
\end{array}\right.
$$

with $N_{1}\left(10^{-(n+1)} r, r\right)$ the covering number appearing in Corollary 5.7. Hence, by that corollary, and by Corollary 6.5 for all $\epsilon>0$,

$$
\begin{aligned}
\sum b^{i}\left(M^{n}\right) & =\operatorname{cont}(d+\epsilon, p) \\
& \leq\left((n+1) 2^{N_{1}}\right)^{\mathcal{N}}
\end{aligned}
$$

q.e.d.

Remark 6.6. Inspection of the bounds given in Corollary 2.7 and Proposition 3.11 (compare Corollary 2.11) reveals that the dependence on $n$ of the constant $C(n)$ in Theorem 3.8 is at worst of the form $2^{2^{a n}}$ (for suitable $a>0$ ). However, Abresch has shown that by arguing more carefully (along essentially the same lines as we have done) one obtains $C(n) \leq 2^{a n^{3}} ;[A]$, [Me]. Recall that in view of the existence of flat tori, $C(n)=2^{n}$ is the best one could hope for.

## 7. Ricci curvature, volume and the Laplacian.

In this section we present some basic properties of manifolds whose Ricci curvature satisfies $\operatorname{Ric}_{M^{n}} \geq(n-1) H$. In particular, after proving Proposition 3.11, we derive some estimates involving the Laplacian, which are used in $\S 8$. There, we prove a theorem of Abresch-Gromoll, asserting that complete manifolds with $\operatorname{Ric}_{M^{n}} \geq 0$, which satisfy certain additional conditions, have finite topological type.

Let $\left\{e_{i}\right\}$ be an orthonomal basis of $M_{p}^{n}$. We denote by $\operatorname{Ric}(u, v)$ the symmetric bilinear form,

$$
\operatorname{Ric}(u, v)=\sum_{i}\left\langle R\left(\varepsilon_{i}, u\right) v, e_{i}\right\rangle
$$

Thus, $\operatorname{Ric}(u, v)$ is the trace of the linear transformation $w \rightarrow R(w, u) v$.
We write

$$
\operatorname{Ric}_{M^{n}} \geq(n-1) H,
$$

if

$$
\operatorname{Ric}(v, v) \geq(n-1) H,
$$

for all unit tangent vectors $v$. Of course, this condition is implied by $K_{M^{n}} \geq H$, but not vice versa.
Suppose $\gamma \mid[0, \ell]$ contains no cut point. Then the distance function, $r=\rho_{\gamma(0)}$, is smooth near $\gamma \mid[0, \ell]$. Put $N=\operatorname{grad} r$. Thus, $N(\gamma(t))=\gamma^{\prime}(t)$. Let $e_{2}, \cdots e_{n}$ be orthonormal, with

$$
\begin{gathered}
\left\langle e_{i}, \gamma^{\prime}(0)\right\rangle_{\gamma(0)}=0, \\
\nabla_{N} e_{i}=0 .
\end{gathered}
$$

Then

$$
\operatorname{Ric}(N, N)=\sum_{i}\left\langle\left(\nabla_{e_{i}} \nabla_{N}-\nabla_{N} \nabla_{e_{i}}-\nabla_{\left\{e_{i}, N\right]}\right) N, e_{i}\right\rangle .
$$

We have,

$$
\nabla_{N} N \equiv 0
$$

Also,

$$
\begin{aligned}
-\sum_{i}\left\langle\nabla_{N} \nabla_{e_{i}} N, e_{i}\right\rangle & =-\sum_{i} N\left\langle\nabla_{e_{i}} N, e_{i}\right\rangle \\
& =-m^{\prime}
\end{aligned}
$$

where $m$ is the mean curvature of the distance sphere, $\partial B_{r}(\gamma(0))$, in the direction of the inner normal, $-N$ (and $m^{\prime}=\frac{\partial m}{\partial r}$ ). Finally,

$$
\begin{aligned}
-\sum\left\langle\nabla_{\left\{e_{i}, N\right\}} N, e_{i}\right\rangle & =-\sum_{i, j}\left\langle\nabla_{e_{i}} N, e_{j}\right\rangle\left\langle\nabla_{e_{j}} N, e_{i}\right\rangle \\
& =-\| \text { Hess }_{r} \|^{2}
\end{aligned}
$$

where $\mathrm{Hess}_{r}$ denotes the Hessian of $r$. Thus, we get the basic equation,

$$
\begin{equation*}
\left\|\operatorname{Hess}_{r}\right\|^{2}+\operatorname{Ric}(N, N)=-m^{\prime} \tag{*}
\end{equation*}
$$

Additionally, letting $\Delta$ denote the Laplacian, we have

$$
\begin{aligned}
\Delta r & =\left(\sum_{2}^{n} e_{i} e_{i}+N N-\nabla_{e_{i}} e_{i}-\nabla_{N} N\right) r \\
& =m
\end{aligned}
$$

Alternatively, this relation follows from the formula, for $\Delta$ in geodesic polar coordinates,

$$
\Delta=\frac{\partial^{2}}{\partial r^{2}}+m(x) \frac{\partial}{\partial r}+\tilde{\Delta}
$$

where $\widetilde{\Delta}$ is the intrinsic Laplacian of the distance sphere $\partial B_{r}(\gamma(\sigma))$.
An invariant definiton of the Laplacian is,

$$
\Delta f=\operatorname{tr}\left(\text { Hess }_{f}\right)
$$

Thus, we also have

$$
\operatorname{tr}\left(\operatorname{Hess}_{r}\right)=m
$$

From the Schwarz inequality and the fact that one eigenvalue of $\mathrm{Hess}_{r}$ is $\equiv 0$ (corresponding to the eigenvector, $N$ ), we get

$$
\begin{equation*}
\left\|\mathrm{Hess}_{r}\right\|^{2} \geq \frac{m^{2}}{n-1} \tag{**}
\end{equation*}
$$

Substituting (*) into (**) gives the differential inequality,

$$
\operatorname{Ric}(N, N) \leq-\frac{m^{2}}{n-1}-m^{\prime}
$$

Note that, as $r \rightarrow 0$,

$$
m(r) \sim \frac{n-1}{r}
$$

Set $u=\frac{n-1}{m}$. Then if we assume $\operatorname{Ric}_{M^{n}} \geq(n-1) H$, we easily obtain

$$
\frac{u^{\prime}}{1+H u^{2}} \geq 1
$$

By integrating this expression, we find that $\operatorname{Ric}_{M^{n}} \geq(n-1) H$ implies

$$
\begin{equation*}
m(x) \leq m_{H}(r(x)), \tag{+}
\end{equation*}
$$

or equivalently,
$(++)$

$$
\Delta r(x) \leq\left.\Delta_{H} r\right|_{r=r(x)}
$$

where $m_{H}(r)$, the mean curvature of $\partial B_{r}(\underline{p}) \subset M_{H}^{n}$ in direction $-N$, is given by

$$
m_{H}(r)=(n-1) \begin{cases}\sqrt{H} \cot \sqrt{H} r & H>0 \\ r^{-1} & H=0 \\ \sqrt{-H} \operatorname{coth} \sqrt{-H} r & H<0\end{cases}
$$

Let $\omega$ denote the volume form on the unit sphere. Write

$$
d r \wedge \mathcal{A}(r) \omega
$$

for the volume form on $M^{n} \backslash C_{p}$, Then $m=\frac{\mathcal{A}^{\prime}}{\mathcal{A}}$. Differentiating $\mathcal{A} / \mathcal{A}_{H, n-1}$ and using (+) gives

$$
\begin{aligned}
& {\left[\mathcal{A}(r) / \mathcal{A}_{H, n-1}(r)\right] \downarrow} \\
& \mathcal{A}(r) \leq \mathcal{A}_{H, n-1}(r) .
\end{aligned}
$$

( $\mathcal{A}_{H, n-1}(r)$ is defined prior to Lemma 4.3.)
Now, by arguing as in the proofs, of Lemma 4.3 and Proposition 4.7, we can immediately extend Lemma 4.3 as follows.

Proposition 7.1. Let $\operatorname{Ric}_{M^{n}} \geq(n-1) H$ and let $X \subset M^{n}$ be compact. Then for $r_{1}<r_{2}$,

$$
\frac{\operatorname{Vol}\left(T_{r_{1}}(X)\right)}{\operatorname{Vol}\left(T_{r_{2}}(X)\right)} \geq \frac{V_{n, H}\left(r_{1}\right)}{V_{n, H}\left(r_{2}\right)}
$$

Remark 7.2. In the basic case, $X=p$, the above inequality was emphasized in [G]; compare also [C2].

Proof of Proposition 3.11: Take a maximal set of points, $p_{i}$, in $\overline{B_{r-\epsilon / 2}(p)}$ at mutual distance $\geq \frac{\epsilon}{2}$. Clearly $\left\{p_{i}\right\}$ is $\frac{\epsilon}{2}$-dense in $\overline{B_{r-\epsilon / 2}(p)}$, and hence, $\epsilon$-dense in $B_{r}(p)$. The balls $\left\{B_{\epsilon / 4}\left(p_{i}\right)\right\}$ are all disjoint. Moreover, by Proposition 7.1,

$$
\frac{V_{n, H}(\epsilon / 4)}{V_{n, H}(2 r)} \leq \frac{\operatorname{Vol}\left(B_{\epsilon / 4}\left(p_{i}\right)\right)}{\operatorname{Vol}\left(B_{2 r}\left(p_{i}\right)\right)},
$$

while since $B_{r}(p) \subset B_{2 r}\left(p_{i}\right)$,

$$
\frac{\operatorname{Vol}\left(B_{\epsilon / 4}\left(p_{i}\right)\right)}{\operatorname{Vol}\left(B_{2 r}\left(p_{i}\right)\right)} \leq \frac{\operatorname{Vol}\left(B_{\epsilon / 4}\left(p_{i}\right)\right)}{\operatorname{Vol}\left(B_{r}(p)\right)} .
$$

Thus, the number of balls is bounded by

$$
\frac{V_{n, H}(2 r)}{V_{n, H}(\epsilon / 4)} .
$$

If $B_{\epsilon}\left(p_{j}\right) \cap B_{\epsilon}\left(p_{i}\right) \neq \emptyset$, then $B_{\epsilon}\left(p_{j}\right) \subset B_{3 \epsilon}\left(p_{i}\right)$. Then, as above, it follows that the multiplicity of our covering is bounded by

$$
\frac{V_{n, H}(3 \epsilon)}{V_{n, H}(\epsilon / 2)} . \quad \text { q.e.d. }
$$

Now, the scale invariant inequalities of Proposition 3.11 follow by an obvious scaling argument.

Remark 7.3. At this point it is clear that the hypothesis, $\operatorname{Ric}_{M^{n}} \geq(n-1) H$, implies that the map in Proposition 4.7 is volume decreasing.

We now observe that the inequality, $(++)$, on the Laplacian of the distance function, can be generalized in a meaningful way so as to include points which lie on the cut locus. This discussion goes back to a fundamental paper of E. Calabi, [Ca].

First we need some definitions.
Definition 7.4. An upper barrier for a continuous function $f$ at the point $x_{0}$, is a $C^{2}$ function, $g$, defined in some neighborhood of $x_{0}$, such that $g \geq f$ and $g\left(x_{0}\right)=f\left(x_{0}\right)$.

The crucial observation for applications to geometry is the following.
Lemma 7.5. If $\gamma(\ell)$ is a cut point of $\gamma(0)$, then for all $\epsilon<\ell, \rho_{\gamma(\epsilon)}(x)+\epsilon$ is an upper barrier for $r=\rho_{\gamma(0)}$ at $\gamma(\ell)$.

Proof: This follows immediately from the triangle inequality.
Definition 7.6. We say $\Delta f\left(x_{0}\right) \leq a$ (and $\left.\Delta\left(-f\left(x_{0}\right)\right) \geq-a\right)$ in the barrier sense if for all $\epsilon>0$, there is an upper barrier $f_{x_{0}, \epsilon}$ for $f$ at $x_{0}$ with

$$
\Delta f_{x_{0}, \epsilon} \leq a+\epsilon .
$$

Now we can generalize ( ++ ) above as follows.
Proposition 7.7. Let $M^{n}$ be complete, with

$$
\operatorname{Ric}_{M^{n}} \geq(n-1) H .
$$

i) If $f(r)$ satisfies, $f^{\prime} \geq 0$, then in the barrier sense,

$$
\Delta f(r(x)) \leq\left.\Delta_{H} f(r)\right|_{r=r(x)}
$$

ii) If $f(r)$ satisfies $f^{\prime} \leq 0$, then in the barrier sense,

$$
\Delta f(r(x)) \geq\left.\Delta_{H} f(r)\right|_{r=r(x)}
$$

Proof: It suffices to prove i). At smooth (i.e. noncut) points, it is clear from ( + ) and the formula for $\Delta$ in polar coordinates. At cut points, it follows immediately by using the barrier $f\left(\rho_{\gamma(\epsilon)}(x)+\epsilon\right)$.

Functions which satisfy say $\Delta f \geq 0$ in the barrier sense, also satisfy a maximum principle. This fact (due to Calabi) was used by Eschenberg and Heintze [EH] to give a very short proof of the splitting theorem of [CG11]. (They also gave a somewhat longer, but completely elementary proof along closely related lines). Theorem 7.9 below, which is crucial for the discussion of $\S 8$, was partly inspired by their work.

Theorem 7.8 (Maximum principle). Let $M$ be a connected riemannian manifold and let $f \in C^{0}(M)$. Suppose that $\Delta f \geq 0$ in the barrier sense. Then $f$ attains no weak local maximum unless it is a constant function.

For completeness, in the Appendix to this section, we give a proof of Theorem 7.8.
We now give an estimate of Abresch-Gromoll on the growth of nonnegative Lipschitz functions whose Laplacian is bounded above in the barrier sense. This will be applied to excess functions, i.e. functions of the form

$$
e(x)=\overline{x, p}+\overline{x, q}-\overline{p, q}
$$

(for fixed $p, q$ ). The estimate involves a comparison function on the model space $M_{H}^{n}$. We now specify this function.

Given $\underline{y} \in M_{H}^{n}$, as usual, put $r(\underline{x}):=\rho_{\underline{y}}(\underline{x})$. Fix $R>0$ and a constant $b>0$. Then there is a unique smallest function, $G(r(\underline{x}))$, defined on $M_{H}^{n} \backslash \underline{y}$ satisying,

1) $G>0(0<r<R)$
2) $G^{\prime}<0(0<r<R)$
3) $G(R)=0$,
4) $\Delta_{H} G \equiv b$,

For any $H$, the function $G$ can be written in closed form; see [AG1]. Here we need only the case, $H=0, n>2$. Then,

$$
G(r)=\frac{b}{2 n}\left(r^{2}+\frac{2}{n-2} R^{n} r^{2-n}-\frac{n}{n-2} R^{2}\right) .
$$

Let $M^{n}$ be complete with $\operatorname{Ric}_{M^{n}} \geq 0, y \in M^{n}, r(x)=\rho_{y}(x)$. Then by 2) and 4) together with Proposition 7.7,

$$
\begin{equation*}
\Delta G(r(x)) \geq b \tag{x}
\end{equation*}
$$

holds in the sense of barriers.
For $f$ a Lipschitz function on $M^{n}$, denote by dil $f$ the smallest constant $k$ such that for all $x_{1}, x_{2}$,

$$
\left|f\left(x_{1}\right)-f\left(x_{2}\right)\right| \leq k \overline{x_{1}, x_{2}} .
$$

Theorem 7.9. Let $M^{n}$ be complete, with $\operatorname{Ric}_{M^{n}} \geq(n-1) H$. Let $u: B_{R+\eta}(y) \rightarrow R(f o r$ some $\eta>0$ ) be a Lipschitz function satisfying
i) $u \geq 0$,
ii) $u\left(y_{0}\right)=0$,
for some $y_{0} \in \overline{B_{R}(y)}$.
iii) dil $u \leq a$,
iv) $\Delta u \leq b$,
in the barrier sense. Then for all $c$, with $0<c<R$

$$
u(y) \leq a \cdot c+G(c) .
$$

Proof: Take $\epsilon<\eta$ and define the function $G$ using the value $R+\epsilon$, in place of $R$. Since we can eventually let $\epsilon>0$, it will suffice to prove the inequality in this case.

In what follows we write $G$ for $G(r(x))$. Fix $0<c<R$ and suppose the bound is false. Then by iii), it follows that

$$
u\left|\partial B_{c}(y) \geq G\right| \partial B_{c}(y)
$$

Also, by i) and property 3 ) of the function $G$.

$$
u\left|\partial B_{R+\epsilon}(y) \geq G\right| \partial B_{R+\epsilon(y)}
$$

Thus, the function $(G-u)$ satisfies

$$
\begin{aligned}
& (G-u) \mid \partial B_{c}(y) \leq 0 \\
& (G-u) \mid \partial B_{R+\epsilon}(y) \leq 0 .
\end{aligned}
$$

However, by ii) and property 1) of $G$,

$$
(G-u)\left(y_{0}\right)>0 .
$$

Hence, $(G-u) \mid \overline{B_{R+\epsilon}(y)} \backslash B_{c}(y)$ has a strict interior maximum. But since by iv) and ( $x$ ) we know

$$
\Delta(G-u) \geq 0
$$

holds in the barrier sense, this contradicts the maximum principle (Theorem 7.8).
Remark 7.10. One easily checks that in the explicit formula for $G$ in the case $H=0$, the optimal value of $c$ is the unique number satisfying $0<c<R$, and

$$
c\left((R / c)^{n}-1\right)=\frac{a n}{b} .
$$

However, in Corollary 7.11 below, a value which is approximately optimal is all that is required.
As previously mentioned, Theorem 7.9 can be used to obtain an estimate on excess functions. Let

$$
E(x)=\overline{x, y_{1}}+\overline{x, y_{2}}-\overline{y_{1}, y_{2}}
$$

be the excess function associated to $y_{1}, y_{2} \in M^{n}$. We can regard $E(x)$ as the excess of any triangle with vertices $x, y_{1}, y_{2}$ and all sides minimal.

Let $\gamma$ be a minimal geodesic from $y_{1}$ to $y_{2}$. The function $E$ satisfies
i) $E(x) \geq 0$,
ii) $E \mid \gamma \equiv 0$.
iii) dil $E \leq 2$.

In case $\operatorname{Ric}_{M^{n}} \geq 0$, by $(++)$ above and Proposition 7.7, we have
iv) $\Delta E \leq(n-1)\left(\frac{1}{s_{1}}+\frac{1}{s_{2}}\right)$,
where $s_{j}(x)=\overline{x, y_{j}}$.
Define the function $s(x)$ by

$$
s(x)=\min \left(s_{1}(x), s_{2}(x)\right)
$$

Define the height function, $h(x)$, by

$$
h(x)=\min _{\gamma, t} \overline{x, \gamma(t)},
$$

where $\gamma$ is a minimal segment from $y_{1}$ to $y_{2}$.
Clearly, $h(x)=0$ implies $E(x)=0$ and, by the triangle inequality,

$$
E(x) \leq 2 h(x) .
$$

Under the assumption $\operatorname{Ric}_{M^{n}} \geq 0$, we now derive a quantitative relation between the values $h(x)$ and $s(x)$ which guarantees that $E(x)$ is small at the point $x$.

Corollary 7.11. If $\operatorname{Ric}_{M^{n}} \geq 0$, then for $h \leq \frac{1}{2}$,

$$
\begin{aligned}
E & \leq 8\left(\frac{h^{n}}{s}\right)^{1 /(n-1)} \\
& =8\left(\frac{h}{s}\right)^{1 /(n-1)} h
\end{aligned}
$$

Proof: The function $E$ satisfies the hypothesis of Theorem 7.9 with $a=2, b=4(n-1) / s$. Use $c=\left(2 h^{n} / s\right)^{1 /(n-1)}$ in the estimate

$$
E \leq 2 c+G(c)
$$

The sum of the first and third terms in the explicit expression for $G$ is negative. The middle term gives a contribution at most equal to

$$
\frac{2(n-1)}{s n} \cdot \frac{2}{n-2} h^{n}\left(\frac{2 h^{n}}{s}\right)^{(2-n) /(n-1)} \leq 4 c .
$$

The claim follows immediately.
Remark 7.12. The estimate we have derived is of particular interest at points $x$, where $h, s$ are large individually, but $h^{n} / s$ is small. Roughly speaking, such triangles might be called "thin".

Remark 7.13. Suppose, in fact, that $K_{M^{n}} \geq 0$. Let $y_{0}$ be a closest point to $x$ among all points which lie on minimal segments from $y_{1}$ to $y_{2}$. Divide a triangle with vertices $x, y_{1}, y_{2}$ into two right triangles with vertices $x, y_{1}, y_{0}$ and $x, y_{2}, y_{0}$. Put $\overline{y_{0}, y_{j}}=t_{j}, j=1,2$. Then Toponogov's theorem B) gives
$(\sqrt{ })$

$$
\begin{aligned}
s_{j} & \leq\left(h^{2}+t_{j}^{2}\right)^{1 / 2}, \\
& \leq t_{j}\left(1+2\left(\frac{h}{t_{j}}\right)^{2}\right) .
\end{aligned}
$$

Thus, for $t=\min \left(t_{1}, t_{2}\right)$, we have

$$
E \leq\left(\frac{h}{t}\right) \cdot h
$$

If, at the point $x$, the values $h, t$ are large but $h^{2} / t$ is small, then $E$ is still small. Note that such thin triangles are not required to be as thin as those in Remark 7.12.

Remark 7.14. Corollary 7.11 is the first estimate in which a nontrivial bound on a sum of distances, $s_{1}+s_{2}$, is obtained from a bound on Ricci curvature. But at present, there is no useful bound on the individual $s_{j}$, as in $(\sqrt{ })$.

Appendix. The maximum principle.
Proof of Theorem 7.8: Let $p$ be a weak local maximum i.e. $f(p) \geq f(x)$ for all $x$ near $p$. Take a small normal coordinate ball, $B_{\delta}(p)$, and assume that there exists $z \in \partial B_{\delta}(p)$ such that $f(p)>f(z)$. Then, by continuity, $f(p)>f\left(z^{\prime}\right)$ for $z^{\prime} \in \partial B_{\delta}(p)$ sufficiently close to $z$. Choose a normal coordinate system, $\left\{x_{i}\right\}$, such that $z=(\delta, 0, \cdots, 0)$. Put

$$
\phi(x)=x_{1}-d\left(x_{2}^{2}+\cdots+x_{n}^{2}\right),
$$

where $d$ is so large that if $y \in \partial B_{\delta}(p)$ and $f(y)=f(p)$, then $\phi(y)<0$. Note that grad $\phi$ doesn't vanish.

Put

$$
\psi=e^{a \phi}-1
$$

Then

$$
\Delta(\psi)=\left(a^{2}\|\operatorname{grad} \phi\|^{2}+a \Delta \phi\right) e^{a \phi} .
$$

Thus, for a sufficiently large,

$$
\Delta \psi>0 .
$$

Moreover,

$$
\psi(p)=0 .
$$

For $\eta>0$, sufficiently small,

$$
(f+\eta \psi) \mid \partial B_{\delta}(p)<f(p) .
$$

Thus, $f+\eta \psi$ has an interior maximum at some point $q \in B_{\delta}(p)$.
If $f_{q, \epsilon}$ is a barrier for $f$ at $q$ with $\Delta f_{q, \epsilon} \geq-\epsilon$, then $f_{q, \epsilon}+\eta \psi$ is also a barrier for $f+\eta \psi$ at $q$. For $\epsilon$ sufficiently small, we have

$$
\Delta\left(f_{q, \mathrm{e}}+\eta \psi\right)>0 .
$$

Since $f+\eta \psi$ has a local maximum at $q$, and

$$
\begin{aligned}
f_{q, \epsilon}+\eta \psi & \leq f+\eta \psi, \\
\left(f_{q, \epsilon}+\eta \psi\right)(q) & =(f+\eta \psi)(q),
\end{aligned}
$$

we find that $f_{q, \mathrm{e}}+\eta \psi$ has a local maximum at $q$ as well. But this is incompatible with $\Delta\left(f_{q, \epsilon}+\right.$ $\eta \psi)>0$. (Note that in normal coordinates at $q, \Delta=\partial_{1}^{2}+\cdots+\partial_{n}^{2}$ ).

It follows that for all small $\delta$, we have $f \mid \partial B_{\delta}(p) \equiv f(p)$. Since $M$ is connected this implies $f \equiv f(p)$.
8. Nonnegative Ricci curvature, diameter growth and finiteness of topological type

In this section we prove that if $M^{n}$ is complete, $\operatorname{Ric}_{M^{n}} \geq 0, K_{M^{n}} \geq-1$, and if a certain additional condition holds, then has finite topological type i.e. $M^{n}$ is homeomorphic to the interior of a compact manifold with boundary.

The most general form of the additional condition uses the ray density function, $\mathcal{R}(r, p)$, associated to $p \in M^{n}$. However in some ways, a stronger condition formulated in terms of a second function, $\mathcal{D}(r, p)$, the diameter growth function is more natural.

Definition 8.1. Let $M^{n}$ be complete. A ray is a geodesic, $\gamma:[0, \infty) \rightarrow M^{n}$, each segment of which is minimal.

When $M^{n}$ is complete and noncompact then rays always exist.
Proposition 8.2. Let $M^{n}$ be complete noncompact. Then for all $p$, there exists at least one ray, $\gamma$, with $\gamma(0)=p$.

Proof: Since $M^{n}$ is not compact, there is a sequence, $q_{i}$, with $\overline{p, q_{i}} \rightarrow \infty$. Let $\gamma_{i}$ be minimal from $p$ to $q_{i}$ and let $\left\{\gamma_{j}\right\}$ be a subsequence such that $\gamma_{j}^{\prime}(0) \rightarrow v$, for some $v \in M_{p}^{n}$, with $\|v\|=1$. Let $\gamma:[0, \infty) \rightarrow M^{n}$ be the geodesic with $\gamma^{\prime}(0)=v$. Then each segment, $\gamma \mid[0, \ell]$, is a limit of minimal segments, $\gamma_{j} \mid[0, \ell]$, and hence is minimal itself. Thus $\gamma$ is a ray.

Let $x \in M^{n}$, and let $\gamma$ be a ray from $p$. Note that if

$$
\begin{aligned}
& t_{1} \leq \overline{x, p}-\overline{x, \gamma} \\
& t_{2} \geq \overline{x, p}+\overline{x, \gamma}
\end{aligned}
$$

then

$$
\overline{x, \gamma}=h(x),
$$

where $h(x)$ is the height function of $\S 7$, for the excess function associated to the points $\gamma\left(t_{1}\right)$, $\gamma\left(t_{2}\right)$.

Definition 8.3. Define the ray density function by

$$
\mathcal{R}(r, p)=\sup _{x \in \partial B_{r}(p)}\left\{\inf _{\gamma} \overline{x, \gamma} \mid \gamma \text { a ray, } \gamma(0)=p\right\}
$$

Proposition 8.4. Let $M^{n}$ be complete, with $\operatorname{Ric}_{M^{n}} \geq 0$ on $M^{n} \backslash B_{\lambda}(p)$, for some $\lambda<\infty$. Assume

$$
\mathcal{R}(r, p)=o\left(r^{1 / n}\right)
$$

Then for all $\epsilon>0$ there exists $\delta>0$, such that if $x, \gamma$ are as in Definition 8.3 ( $x$ arbitrary) with

$$
\overline{x, p} \geq \delta^{-1}
$$

and $t$ is sufficiently large relative to $\overline{x, p}$, then the excess function associated to $\gamma(0), \gamma(t)$ satisfies

$$
E(x) \leq \epsilon .
$$

Proof: For the case in which $\operatorname{Ric}_{M^{n}} \geq 0$ on all of $M^{n}$. this is immediate from Corollary 7.11. The general case is dealt with in the Appendix to this section.

On the other hand, in case $\Pi_{M} \geq-1$, the following proposition provides a positive lower bound for $E(x)$ when $x$ is critical with respect to say $y_{1}$.

Put $\overline{x, y_{1}}=x$.
Proposition 8.5. Let $M^{n}$ be complete with $K_{M^{n}} \geq-1(H<0)$. Let $x$ be critical with respect to $y_{1}$. Then for all $\epsilon>0$ there exists $\delta$ such that

$$
\overline{x, y_{2}} \geq \delta^{-1}
$$

implies

$$
E(x) \geq \ln \left(\frac{2}{1+e^{-2 s}}\right)-\epsilon
$$

Proof: By Toponogov's theorem B) and the assumption that $x$ is critical with respect to $y_{1}$, it suffices to assume that $x, y_{1}, y_{2} \in M_{-1}^{2} \subset M_{-1}^{n}$ and that the minimal geodesics from $x$ to $y_{1}$, $y_{2}$ make an angle $\pi / 2$. By hyperbolic trigonometry

$$
\cosh \overline{y_{1}, y_{2}}=\cosh s \cosh \overline{x, y_{2}}
$$

By the triangle inequality,

$$
\left|\overline{y_{1}, y_{2}}-\overline{x, y_{2}}\right| \leq s .
$$

As both $\overline{y_{1}, y_{2}}$, and $\overline{x, y_{2}} \rightarrow \infty$ with $s$ fixed,

$$
\frac{\cosh \overline{x, y_{1}}}{\cosh \overline{y_{1}, y_{2}}} \rightarrow e^{\overline{x, y_{2}}-\overline{y_{1}, y_{2}}}
$$

The claim follows easily.
By combining Propositions 8.4 and 8.5 we obtain
Theorem 8.6 (Abresch-Gromoll). Let $M^{n}$ be complete with
i) $\mathrm{Ric}_{M^{n}} \geq 0$ on $M^{n} \backslash B_{\lambda}(p)$, for some $\lambda$,
ii) $\mathcal{R}(r, p)=o\left(r^{1 / n}\right)$, for some $p \in M^{n}$,
iii) $K_{M^{n}} \geq H>-\infty$.

Then there exists a compact set, $C$, such that $M^{n} \backslash C$ contains no critical points of $p$. In particular, $M^{n}$ has finite topological type.

We now define the diameter growth functin $\mathcal{D}(r, p)$. For every $r$, the open set $M^{n} \backslash \overline{B_{r}(p)}$ contains only finitely many unbounded components, $U_{r}$. Each $U_{r}$ has finitely many boundary components, $\Sigma_{r} \subset \partial B_{r}(p)$. In particular $\Sigma_{r}$ is a closed subset.

Let dia $\left(\Sigma_{r}\right)$ denote maximum distance, measured in $M^{n}$, between a pair of points of $\Sigma_{r}$.
Definition 8.7.

$$
\mathcal{D}(r, p)=\sup _{\Sigma_{r}} \operatorname{dia}\left(\Sigma_{r}\right)
$$

Given any boundary component, $\Sigma_{r}$, we can construct a ray, $\gamma$, such that $\gamma(t) \subset U_{r}$, for $t>r$ and so, $\gamma(r) \in U_{r}$. To do so, it suffices to choose the sequence of points, $\left\{q_{i}\right\}$, of Proposition 8.3 to lie in $U_{r}$. Then the convergent subsequence $\gamma_{j}$ satisfies the conditions above. Hence $\gamma$ satisfies them as well.

With this observation, it follows immediately from the proof of Theorem 8.6, that if we assume

$$
\mathcal{D}(r, p)=o\left(r^{1 / n}\right)
$$

then for $r \geq r_{0}$ sufficiently large, no point of any set $\Sigma_{r}$ is critical with respect to $p$.
Fix $r_{0}, U_{r_{0}}$, a boundary component $\Sigma_{r_{0}}$ and a ray $\gamma$, with $\gamma\left(r_{0}\right) \in \Sigma_{r_{0}}, \gamma(t) \in U_{r_{0}}$, for $t>r_{0}$. For each $t \geq r_{0}$, let $\Sigma_{t}$ denote the boundary component of the unbounded component of $M^{n} \backslash \overline{B_{t}(p)}$ with $\gamma(t) \in \Sigma_{t}$. Using the observation of the previous paragraph and the Isotopy Lemma 1.4, we easily construct an imbedding,

$$
\psi:\left(r_{0}, \infty\right) \times \Sigma_{0} \rightarrow U_{x}
$$

such that

$$
\psi\left(\left(t, \Sigma_{r_{0}}\right)\right)=\Sigma_{t}
$$

It follows easily that $\psi\left(\left(r_{0}, \infty\right) \times \Sigma_{r_{0}}\right)$ ) is open and closed in $U_{r_{0}}$. Hence

$$
\psi\left(\left(r_{0}, \infty\right) \times \Sigma_{r_{0}}\right)=U_{r_{0}} .
$$

Thus we obtain
Theorem 8.8 (Abresch-Gromoll). Let $M^{n}$ be complete with
i) $\operatorname{Ric}_{M^{n}} \geq 0$ on $M^{n} \backslash B_{\lambda}(p)$, for some $\lambda$,
ii) $\mathcal{D}(r, p)=o\left(r^{1 / n}\right)$ for some $p \in M^{n}$,
iii) $K_{M^{n}} \geq-H>-\infty$.

Then

$$
\mathcal{R}(r, p)=o\left(r^{1 / n}\right)
$$

Thus there exists a compact set $C$ such that $M^{n} \backslash C$ contains no critical points of $p$. In particular, $M^{n}$ has finite topological type.

Remark 8.9. Clearly, any two points on $\partial B_{r}(p)$ can be joined by a broken geodesic passing through $p$ of length $2 r$. Thus, one always has

$$
\mathcal{D}(r, p) \leq 2 r,
$$

for the function, $\mathcal{D}(r, p)$, defined in Definition 8.7. However, it is also of interest to consider modified definitions of diameter growth, for which the above inequality, need not hold. For such definitions and their geometric significance, see [AG1], [Liu], [Shen], [ $Z$ ].

Remark 8.10. Examples of and [ShY] show that if i) and iii) of Theorem S.S are retained but (e.g. if $n=7$ ) ii) is weakened to $\mathcal{D}(r, p)=O\left(r^{1 / 2}\right)$ then the conclusion fails; see also [AnKLe].

Remark 8.11. For further results related to those of this section; see Shen.

## Appendix. Nonnegative Ricci curvature outside a compact set.

Proof of Proposition 8.4: The triangle inequality implies that for $0<t_{1}<t$ the excess function, $\tilde{E}$, associated to $\gamma\left(t_{1}\right), \gamma(t)$ satisfies

$$
E \leq \tilde{E}
$$

(where $E$ is the excess function associated to $\gamma(0), \gamma(t)$ ). Thus it suffices to show that if $\overline{x, p}$ is sufficiently large and $t_{1}, t$ are suitably chosen, then $\widetilde{E}$ can be made arbitrarily small.

Clearly, we need only ensure that in the present more general situation the bounds on $\Delta G, \Delta \tilde{E} \mid B_{h(x)}(x)$ are just as in the case in which $\operatorname{Ric}_{M^{n}} \geq 0$ on all of $M^{n}$. This is clear for $\Delta G$, since $B_{h(x)}(x) \cap B_{\lambda}(p)=\emptyset$, provided $\overline{x, p}$ is sufficiently large.

As for the function $\widetilde{E}$, it clearly suffices to know that a minimal geodesic, $\sigma$, from $\gamma\left(t_{1}\right)$ or $\gamma(t)$ to $z \in B_{h(x)}(x)$ does not intersect $B_{\lambda}(p)$. Consider, for definiteness, the point $\gamma\left(t_{1}\right)$ and suppose $\sigma \cap B_{\lambda}(p) \neq \emptyset$. Then by the triangle inequality,

$$
\begin{equation*}
\overline{\gamma\left(t_{1}\right), z}>\left(t_{1}-\lambda\right)+(\overline{x, p}-h(x)-\lambda) \tag{*}
\end{equation*}
$$

On the other hand, if $\underline{t}$ is a point on $\gamma$ closest to $x$, clearly

$$
\overline{\gamma(\underline{t}), z} \leq 2 h(x)
$$

Also

$$
\underline{t}-t_{1} \leq \overline{x, p}+h(x)-t_{1}
$$

Combining these gives

$$
\begin{equation*}
\overline{\gamma\left(t_{1}\right), z}<\overline{x, p}+3 h(x)-t_{1} . \tag{**}
\end{equation*}
$$

From (*), (**), we get

$$
t_{1}<2 h(x)+\lambda,
$$

and, we can take $t_{1}=2 h(x)+\lambda$.
The argument for $\gamma(t)$ is similar to the one just given.

## References

[A] U. Abresch: Lower curvature bounds, Toponogov's theorem, and bounded topology I, II, Ann. scient. Ex. Norm. Sup. 18 (1985) 651-670 (4 $4^{e}$ série), and preprint MPI/SFB 84/41 \& 45.
[AG1] U. Abresch and D. Gromoll, "On complete manifolds with nonnegative Ricci curvature, J.A.M.S. (to appear).
[An] M. Anderson, Short geodesics and gravitational instantons, J. Diff. Geom. V. 31 (1990) 265275.
[AnKle] M. Anderson, P. Kronheimer and C. LeBrun, Complete Ricci-flat Kahler manifolds of inifnite topological type, Commun. Math.Phys. 125 (1080) 637-642.
[Be] M. Berger. Les varietés $\frac{1}{4}$-pincées, Ann. Scuola Norm. Pisa (111) 153 (1960) 161-170.
[BT] R. Bott and L. Tu, Differential forms in algebraic topology, Graduate Texts in Math., Springer-Verlag (1986).
[Ca] E. Calabi, An extension of E. Hopf's maximum principle with an application to Riemannian geometry, Duke Math. J. 25 (1958) 45-56.
[C1] J. Cheeger, Comparison and finiteness theorems in Riemannian geometry, Ph.D. Thesis, Princeton Univ., 1967.
[C2] -- The relation between the Laplacian and the diameter for manifolds of nonnegative curvature, Arch. der Math. 19 (1968) 558-560.
[C3] ——, Finiteness theorems for Riemannian manifolds, Amer. J. Math. 92 (1970) 61-74.
[CE] J. Cheeger and D. G. Ebin, Comparison Theorems in Riemannian Geometry, North-Holland Mathematical Library 9 (1975).
[CG11] J. Cheeger and D. Gromoll, The splitting theorem for manifolds of nonnegative Ricci curvature, J. Diff. Geo. 6 (1971) 119-128.
[CG12] --, On the structure of complete manifolds of nonnegative curvature, Ann. of Math. 96 (1972) 413-443.
[EH] J. Eschenburg and E. Heintze, An elementary proof of the Cheeger-Gromoll splitting theorem, Ann. Glob. Anal. \& Geom. 2 (1984) 141-151.
[GrP] K. Grove and P. Petersen, Bounding homotopy types by geometry, Ann. of Math. 128 (1988) 195-206.
[GrPW] K. Grove, P. Petersen, J. Y. Wu, Controlled topology in geometry, Bull. AMS 20 (2) (1989) 181-
[GrS] K. Grove and K. Shiohama, A generalized sphere theorem, Ann. of Math. 106 (1977) 201-211.
[G] M. Gromov, Curvature, diameter and Betti numbers, Comm. Math. Helv. 56 (1981) 179-195.
[GLP] M. Gromov, J. Lafontaine, and P. Pansu, Structure Métrique pour les Variétiés Riemanniennes, Cedic/Fernand Nathan (1981).
[GreWu] R. Greene and H. Wu, Lipschitz convergence of Riemannian manifolds, Pacific J. Math. 131 (1988) 119-141.
[Liu] Z. Liu, Ball covering on manifolds with nonnegative Ricci curvature near infinity, Proc. A.M.S. (to appear).
[M] J. Milnor, Morse Theory, Annals of Math. Studies, Princeton Univ. Press (1963).
[Me] W. Meyer, Toponogov's Theorem and Applications, Lecture Notes, Trieste,1989.
[PeI] S. Peters, Cheeger's finiteness theorem for diffeomorphism classes of Riemannian manifolds, J. Reine Angew. Math. 394 (1984) 77-82.
[ Pe 2$]$ ——, Convergence of Riemannian manifolds, Comp. Math. 62 (1987) 3-16.
[ShY] J. P. Sha and D. G. Yang, Examples of manifolds of positive Ricci curvature, J. Diff. Geo. 29 (1) (1989) 95-104.
[Shen] Z. Shen, Finite topological type and vanishing theorems for Riemannian manifolds, Ph.D. Thesis, SUNY, Stony Brook, 1900.
[We] A. Weinstein, On the homotopy type of positively pinched manifolds, Archiv. der Math. 18 (1967) 523-524.
[Z] S. Zhu, Bounding topology by Ricci curvature in dimension three, Ph.D. Thesis, SUNY, Stony Brook, 1990.

