On the Bass Note of Compact Minimal Immersions
by
Steen Markvorsen

Max-Planck-Institut
für Mathematik
Gottfried-Claren-Str. 26
D-5300 Bonn 3
Federal Republic of Germany

## 1. Introduction

Let $M^{m}$ be a compact, connected, m-dimensional Riemannian manifold with boundary $\partial M^{m}$. The bass note $\lambda_{1}\left(M^{m}\right)$ is then defined as the first eigenvalue of the fixed membrane (Dirichlet) problem

$$
\begin{equation*}
\Delta \psi+\lambda \psi=0, \quad \psi \equiv 0 \quad \text { on } \quad \partial M, \tag{1.1}
\end{equation*}
$$

where $\Delta$ is the Laplace operator acting on functions $\psi$ by

$$
\Delta \psi=\operatorname{div}(\operatorname{grad} \psi)
$$

Now assume that $M^{M}$ admits a minimal isometric immersion $\Phi: M^{m} \longrightarrow N^{n}$, where $N^{n}$ is an $n$-dimensional Riemannian manifold. By abuse of notation we will say that $M^{m}$ is a compact minimal immersion and write $M^{m} \subset N^{n}$.

The purpose of this paper is to point out a simple method by which lower and upper bounds for the bass note of $M$ can be obtained in terms of the exterior size of $M$ in $N$. In most of our results we control this size by assuming $M^{m}$ is immersed into a regular ball in $N$. We consider two types of regular balls:

Definition. Let $p$ be a point in $N$. Then

$$
B_{R}(p)=\left\{x \in N \mid \operatorname{dist}_{N}(p, x) \leq R\right\}
$$

is a regular ball of radius $R$ around $p$ iff $R \leqq \pi / 2 \sqrt{b}$ and $R<i_{N}(p)$, where

$$
\begin{aligned}
& b=\sup \left\{K(\omega) \mid \omega \text { a two-plane in } T B_{R}(p)\right\} \\
& \pi / 2 \sqrt{b}=\infty \quad \text { if } \quad b \leq 0, \text { and } \\
& i_{N}(p)=\text { injectivity radius of } p \text { in } N .
\end{aligned}
$$

Let $\mathrm{V}^{\mathrm{n}-1}$ be a totally geodesic hypersurface in N . Then a regular ball (or tube) of radius $R$ around $V$ is defined similarly by

$$
\begin{aligned}
& B_{R}(V)=\left\{x \in N \mid \operatorname{dist}_{N}(V, x) \leq R\right\}, \\
& \text { where } R \leq \pi / 2 \sqrt{b} \text { and } R<i_{N}(V) .
\end{aligned}
$$

The following theorem due to Hoffman [6] is of the type mentioned above and is obtained from an isoperimetric inequality together with a well known estimate of $\lambda_{1}$ due to Cheeger (cf. [1]).

Theorem A (Hoffman). Let $M^{m} \subset B_{R}(p) \subset N^{n}$ be a compact minimal immersion into a regular ball in $N$. If $K_{N} \leqq 0$, then

$$
\begin{equation*}
\lambda_{1}\left(M^{m}\right) \geq \frac{1}{4}\left(\frac{m}{\mathrm{R}}\right)^{2} \tag{1.2}
\end{equation*}
$$

We note, that a slight modification of Hoffman's proof actually gives

Theorem 1. If again $M^{m} \subset B_{R}(p) \subset N^{n}$ is compact and minimal and if now $\mathrm{K}_{\mathrm{N}} \leq \mathrm{b} \geq 0$, then

$$
\begin{equation*}
\lambda_{1}\left(M^{m}\right) \geq \frac{1}{4} m^{2} b \cot ^{2}(\sqrt{b} R) \tag{1.3}
\end{equation*}
$$

These lower bounds are only close to being optimal when $m$ is large. We now state the main result of the present paper. (Note: from now on, whenever we write $M \subset g_{R}$ we also tacitly assume $\left.M \notin \partial B_{R}\right\rangle$.

Theorem 2. Let $M^{m} \subset B_{R}(p) \subset N^{n}$ be a compact minimal immersion into a regular ball in any $N$. Then

$$
\begin{equation*}
\lambda_{1}\left(M^{m}\right) \geq \frac{m \pi^{2}}{4 R^{2}} \tag{1.4}
\end{equation*}
$$

Remarks.
i) If $\operatorname{dim}(M)=m \leqq 9$, then (1.4) is always better than (1.2) and (1.3).
ii) The lower bound in (1.4) is sharp for geodesic segments $\gamma=M^{1} \subset B_{R}(p)$ and is generally best possible in the following sense (which will be made precise in Proposition 10):

If there are sufficiently many compact minimal immersions $M_{j} \subset B_{R}(p)$ such that $\lambda_{1}\left(M_{j}\right)=\operatorname{dim}\left(M_{j}\right) \frac{\pi^{2}}{4 R^{2}}$ for all $j$, then $B_{R}(p)$ is a standard hemisphere of constant curvature $K=\left(\frac{\pi}{2 R}\right)^{2}$.
iii) Our method of proof does not apply any isoperimetric inequality but relies heavily on a well known beautiful observation (Theorem C) due to Barta. We also use this observation to get upper bounds on $\lambda_{1}(M)$ in many cases. It is further more possible to give corresponding results for compact
immersions with just a uniform bound on the length of the mean curvature vector $H$. We shall not pursue this further, but only state the following

Proposition 3. Let $M^{m} \subset B_{R}(p) \subset \mathbb{N}^{n}$ be a compact immersion into a regular ball. If $K_{N} \leq b \geq 0$ and $\|H\| \leq \frac{m-1}{m} \sqrt{b} \cot \sqrt{b} R$, then

$$
\begin{equation*}
\lambda_{1}\left(M^{m}\right) \geq \frac{\pi^{2}}{4 R^{2}} \tag{1.5}
\end{equation*}
$$

iv) In most of our results we may have $m=n$, in which case $M^{n}$ is a compact domain in $N^{n}$ and the adjective "minimal" should therefore be suppressed (i.e. $\alpha=H=0$ and $T_{q} M=T_{q} N$ in Propos. 8). Cf. Li and Yau [10] and Kasue [9] for more general results on domains.

If the receiving space $N$ is a space form, one can say much more much sharper than Theorem 2. Using heat kernel comparison theory Cheng, Li and Yau have shown the following result.

Theorem $B([4])$. Let $M^{m} \subset B_{R}(p) \subset \widetilde{N}^{n}$ be a compact minimal immersion into a regular ball in a space form $\tilde{\mathrm{N}}^{\mathrm{n}}$. Let $D_{R}^{m}$ be the totally geodesic disc of dimension $m$ and radius $R$ in $\tilde{N}^{n}$.

Then

$$
\lambda_{1}\left(M^{m}\right) \geq \lambda_{1}\left(D_{R}^{m}\right),
$$

and equality occurs if and only if $M^{m}=D_{R}^{m}$.

Remark. For comparison of this with Theorems 1 and 2 we note, that if $\tilde{N}^{n}=\mathbb{R}^{n}$, then $\lambda_{1}\left(D_{R}^{m}\right)=\left(j_{k} / R\right)^{2}$, where $j_{k}\left(\sim k \sim \frac{1}{2} m\right.$ as $\left.m \longrightarrow \infty\right)$ is the smallest positive zero of the Bessel function $J_{k}$ of order $k=\frac{1}{2}(m-2)$.

Acknowledgement. The author is pleased to thank Y. Itokawa and H. Urakawa for helpful discussions and the Max-PlanckInstitut für Mathematik, Bonn FRG, for its support and hospitality.

## 2. Some preliminary results.

We assume that $N^{n}$ allows a totally geodesic hypersurface $V$ and consider a regular tube $B_{R}(V) \subset N^{n}$. In this tube the distance function $\eta(x)=\operatorname{dist}_{N}(V, x)$ is well defined and smooth outside $V$. Let $T=\operatorname{grad}(\eta)$ and $q \in B_{R}(V)-V$. Then $T(q)=\dot{\gamma}(\eta(q))$ where $\gamma:[0, \eta(q)] \longrightarrow N$ is the unique unit speed minimal geodesic from $V$ to $q$. Now let $X$ be a unit vector in $T_{q} N$ and $X(s)$ be the Jacobi vector field along $\gamma$ generated in the usual way by $X$ through minimal geodesics to $V$ such that $X(\eta(q))=X$ and $X^{\prime}(0)=\nabla_{\dot{y}(0)} X=0$. Then (cf. [2] pp. 20-21).
(2.1) $\left.\operatorname{Hess}_{N}(\eta)\right|_{q}(X, X)=I_{\gamma}(X, X)-\int_{0}^{\eta}(I<X, T>)^{2} d s \quad$,
where $I_{\gamma}$ is the index form along $\gamma$. If we define

$$
X^{\perp}(s)=X(s)-\langle T(s), X(s)\rangle T(s),
$$

so that

$$
\left\|\nabla_{T} X\right\|^{2}=\left\|\nabla_{T} X^{\perp}\right\|^{2}+(T<X, T>)^{2}
$$

we finally get
(2.2) $\left.\operatorname{Hess}_{N}(n)\right|_{q}(X, X)=I_{\gamma}\left(X^{\perp}, X^{\perp}\right)$ for all $X \in T_{q} N$.

Standard index comparison theory now gives

Proposition 4. If $K_{N} \leqq b$ (respectively $K_{N} \geqslant b$ ), $b \in \mathbb{R}$, then for every $X$ in the unit bundle $S^{1}\left(B_{R}(V)-V\right)$ we have

$$
\begin{equation*}
\operatorname{Hess}_{N}(\eta)(X, X) \geq(\leq) f_{b}(\eta) \cdot\left(1-\langle T, X\rangle^{2}\right) \tag{2.3}
\end{equation*}
$$

where
(2.4)

$$
f_{b}(t)=\left\{\begin{array}{cc}
-\sqrt{b} \tan (\sqrt{b} t) & \text { if } b>0 \\
0 & \text { if } b=0 \\
+\sqrt{-b} \tanh (\sqrt{-b} t) & \text { if } b<0 .
\end{array}\right.
$$

In the same way we get for the distance function $\rho(x)=\operatorname{dist}_{N}(p, x)$ in a regular ball $B_{R}(p):$

Proposition 5. If $K_{N} \leqq b$ (respectively $\left.K_{N} \geqq b\right), b \in \mathbb{R}$, then for every $X \in S^{1}\left(B_{R}(p)-p\right)$ we have

$$
\begin{equation*}
\operatorname{Hess}_{N}(\rho)(X, X) \geq(\leq) h_{b}(p) \cdot\left(1-\langle T, X\rangle^{2}\right) \tag{2.5}
\end{equation*}
$$

where

$$
h_{b}(t)= \begin{cases}\sqrt{b} \cot \sqrt{b} t & \text { if } b>0  \tag{2.6}\\ \frac{1}{t} & \text { if } b=0 \\ \sqrt{-b} \operatorname{coth} \sqrt{-b} t & \text { if } b<0\end{cases}
$$

Remark. In [8] Kasue proved similar comparison theorems for more general distance functions and showed that in some cases they hold true in a distributional sense across the respective cut loci (cf. Theorem 18, where we shall use this approach).

The idea is now to restrict suitable modifications of the functions $\rho$ and $\eta$ to the minimal immersions $M^{m} \subset N^{n}$. In order to do so we need the following lemmata.

Let $\mu: N \longrightarrow \mathbb{R}$ be any smooth function on $N$. Then the restriction $\tilde{\mu}=\left.\mu\right|_{M}$ is a smooth function on $M$ and the Hessians Hess $_{N}(\mu)$ and Hess $_{M}(\tilde{\mu})$ are related as follows.

Lemma 6 (cf. [7] p. 713).
(2.7) $\operatorname{Hess}_{M}(\tilde{\mu})(X, X)=\operatorname{Hess}_{N}(\mu)(X, X)+\left\langle\operatorname{grad}_{N}(\mu), \alpha(X, X)\right\rangle$ for all $X \in T M^{m} \subset T N^{n}$, where $\alpha$ is the second fundamental form of M in N .

If we modify $\mu$ to $F \circ \mu$ by a smooth $F: \mathbb{R} \longrightarrow \mathbb{R}$ we get

Lemma 7
(2.8) $\quad \operatorname{Hess}_{N}(F \circ \mu)(X, X)=F^{\prime \prime}(\mu)\left\langle\operatorname{grad}_{N}(\mu), X\right\rangle^{2}+F^{\prime}(\mu) \operatorname{Hess}_{N}(\mu)(X, X)$ for all $x \in T N^{n}$.

In the following we write $\mu=\tilde{\mu}$. Combining (2.7) and (2.8) we obtain
(2.9) $\operatorname{Hess}_{M}(F \circ \mu)(X, X)=F^{\prime \prime}(\mu)\left\langle\operatorname{grad}_{N}(\mu), X\right\rangle^{2}+$ $F^{\prime}(\mu) \operatorname{Hess}_{N}(\mu)(X, X)+\left\langle\operatorname{grad}_{N}(\mu), a(X, X)\right\rangle$

Now again restrict attention to a regular ball $B_{R}$ in $N$ of either type. Assume $M^{m} \subset B_{R}$ and let $\mu$ be the corresponding distance function in $B_{R}$. We will always choose $F$ such that $F \circ \mu$ is smooth on $M$. Now $\operatorname{grad}_{N}(\mu)=T$ and combining (2.9) with (2.5) and (2.3) we get the following inequalities, where $(\sim)_{i}$ means either $(\geqq$ ) or ( $\leqq$ ) for each $i=1,2,3$.

Proposition 8. Let $M^{m} \subset B_{R}(V) \subset N^{n}$ be an isometric immersion (not necessarily minimal) into a ball $B_{R}(V)$ with $R<\dot{i}_{N}(V)$. Assume that $F \circ \eta$ is smooth on $M^{m}$ and that $\mathrm{F}^{\prime}(\sim), 0$ throughout $[0, R]$.

If $K_{N}(\sim)_{2} b$ for some constant $b \in \mathbb{R}$, then for every $\quad X \in T M \subset T N$
(2.10) $\operatorname{Hess}_{M}\left(F^{\circ} \eta\right)(X, X) \quad(\sim)_{3}\left(F^{\prime \prime}(n)-F^{\prime}(\eta) f_{b}(\eta)\right)<T, X>^{2}+$ $F^{\prime}(n)\left(f_{b}(\eta)+\left\langle x_{,} \alpha(X, X)\right\rangle\right)$

If $\left\{\mathrm{X}_{1}, \ldots, \mathrm{X}_{\mathrm{m}}\right\}$ is an orthonormal basis of $\mathrm{T}_{\mathrm{q}} \mathrm{M} \subset \mathrm{T}_{\mathrm{q}} \mathrm{N}$, we therefore get
(2.11)

$$
\begin{aligned}
& A_{M}(F \circ \eta) \mid q \quad(\sim)_{3}\left(F^{\prime \prime}-F^{\prime} f_{b}\right) \cdot\left(\sum_{j=i}^{m}\left\langle T, X_{j}\right\rangle^{2}\right)+ \\
& m F^{\prime}\left(f_{b}+\langle T, H(q)>),\right.
\end{aligned}
$$

where $H(q)$ is the mean curvature vector of $M$ at $q$ in $N$.

If $\quad M^{m} \subset B_{R}(p) \subset N^{n}$ we get similarly
(2.12) $\quad \operatorname{Hess}_{M}(F \circ \rho)(X, X) \quad(\sim)_{3} \quad\left(F^{\prime \prime}(\rho)-F^{\prime}(\rho) h_{b}(\rho)\right)<T, X>{ }^{2}+$ $F^{\prime}(\rho)\left(h_{b}(\rho)+\langle T, \alpha(X, X)\rangle\right) \quad$,
and thus
(2.13)

$$
\begin{aligned}
& \Delta_{M}(F \circ \rho) \mid q \quad(\sim)_{3}\left(F^{\prime \prime}-F^{\prime} h_{b}\right) \cdot\left(\sum_{j=1}^{m}<T, X_{j}>^{2}\right)+ \\
& m F^{\prime}\left(h_{b}+<T, H(q)>\right) .
\end{aligned}
$$

Clearly $\quad(\sim)_{3}$ depends uniquely on $(\sim)_{1}$ and $\quad(\sim)_{2}$ as follows: Let ( $\geqq$ ) correspond to +1 and ( $\leq$ ) correspond to -1 ; Then $(\sim)_{3}=-(\sim)_{1} \cdot(\sim)_{2}$.

We can now prove Theorem 1 using only a modification of Hoffman's argument.

## 3. Proof of Theorem 1.

Since $M^{m} \subset B_{R}(p)$ is minimal, we have $H \equiv 0$ and now choosing $F(t)=1-\cos (\sqrt{b} t)$ we get $F^{\prime \prime}-F^{\prime} h_{b} \equiv 0$. Thus from (2.13)

$$
\Delta_{M}(F \circ \rho) \geq m F^{\prime}(\rho) h_{b}(\rho)=m b \cos \sqrt{b} \rho
$$

Now let $X=\operatorname{grad}_{M}(F \circ p) \in X(M)$ and let $\therefore$ be a domain in $\mathrm{m}^{\mathrm{m}}$ with outward pointing unit normal vector $\xi$ on $\partial \Omega$.

Then

$$
\begin{aligned}
F^{\prime}(R) \operatorname{vol}(\partial \Omega) & \geqq \int_{\partial \Omega}\langle X, \xi\rangle * 1=\int_{\sigma} \operatorname{aiv}_{M}(X) * 1 \\
& =\int_{\Omega} \Delta_{M}(F \circ \rho) * 1 \geqq \quad \operatorname{mbcos}(\sqrt{b} R) \operatorname{vol}(\Omega) .
\end{aligned}
$$

Therefore $\operatorname{vol}(\partial \Omega) / \operatorname{vol}(\Omega) \geqq m \sqrt{\mathrm{~b}} \cot (\sqrt{\mathrm{~b} R})$,
so that the Cheeger constant (cf. [1])

$$
\begin{gathered}
h=\inf \{\operatorname{vol}(\partial \Omega) / \operatorname{vol}(\Omega) \mid \Omega \text { is a compact domain on } \\
M \text { with } \Omega \cap \partial M=\emptyset\}
\end{gathered}
$$

satisfies $h \geq m \sqrt{b} \cot (\sqrt{b} R)$. The theorem then follows from Cheeger's inequality.
4. Direct estimates of $\lambda_{1}$

A direct two sided bound on $\lambda_{1}$ of a compact manifold $M$ is obtained by the following result of Barta (cf. [3]) and Kasue's generalization thereof.

Theorem C (Barta). Let $M$ be a Riemannian manifold with boundary $\partial M$. Let $\phi$ be a smooth function on $M$ which is positive in $\stackrel{\circ}{M}$ and zero on $\partial M$.

Then
(4.1) $\quad \inf \left(-\Delta_{M} \phi / \phi\right) \leq \lambda_{1}(M) \leq \sup \left(-\Delta_{M} \phi / \phi\right)$,
and either one of the equalities occurs if and only if $\phi$ is the first eigenfunction.

Theorem D (Kasue, [9]). Let $M$ be a Riemannian manifold with boundary $\partial M$. Let $\psi$ be a continuous function on $M$ which is positive in $\stackrel{\circ}{M}$ (but not necessarily zero on วM) . If $\psi$ satisfies
(4.2) $\quad \Delta_{M} \psi+K \psi \leq 0$ as a distribution on $\quad \dot{M}$ for some constant $\kappa$, then

$$
\begin{equation*}
\lambda_{1}(M) \geq \kappa \tag{4.3}
\end{equation*}
$$

If $\psi$ is smooth on an open dense subset of $M$, then equality holds in (4.3) if and only if $\psi$ is the first eigenfunction.

Remark. It follows in particular, that the lower bound in (4.1) is still valid even if $\phi$ does not vanish on $\partial M$.

Theorem 9. Let $M^{m} \subset B_{R}(p) \subset N^{n}$ be a compact minimal immersion into a regular ball. Assume that $K_{N} \leq b \in \mathbb{R}$, and that $M^{m} \cap B_{r}(p)=\emptyset, 0 \leq r<R \quad$. Then

$$
\begin{align*}
\lambda_{1}(M) & \geqq k(m, r, R)  \tag{5.1}\\
& =(m-1) \frac{\pi}{2 R} \tan \left(\frac{\pi}{2} \frac{r}{R}\right) h_{b}(r)+\frac{\pi^{2}}{4 R^{2}}
\end{align*}
$$ $\geq m \frac{\pi^{2}}{4 R^{2}}$ $\geqq \quad \mathrm{mb}$

Remark. The inequality (5.2) - which corresponds to Theorem 2 - only depends on $b$ implicitly through the regularity assumption for $B_{R}(p)$. It follows from (5.1) by letting $r \longrightarrow 0$. Clearly (5.3) is only interesting if $b>0$, in which case it follows from $R \leq \pi / 2 \sqrt{b}$.

Proof of Theorem 9. We only prove (5.1). Let $F(t)=\cos (k t)$, $k=\pi / 2 R$. Then $F^{\prime \prime}(\rho)-F^{\prime}(\rho) h_{b}(\rho) \geqq 0$ for all $\rho \leqq R$, and Proposition 8 (2.13) gives

$$
\begin{equation*}
\Delta_{M}\left(F^{\circ} \rho\right) \leq(m-1) F^{\prime}(\rho) h_{b}(p)+F^{\prime \prime}(\rho) \tag{5,4}
\end{equation*}
$$

so that

$$
\begin{equation*}
\Delta_{M}(F \circ \rho)+k(m, r, R)(F \circ \rho) \leqslant(m-1) F^{\prime}(p) h_{b}(\rho)+ \tag{5.5}
\end{equation*}
$$

$$
F^{\prime \prime}(\rho)+k(m, r, R) F(\rho) \leq 0
$$

for all $\rho \in[r, R]$. The theorem now follows from Kasue's inequality (4.3).

As mentioned in the introduction, we also get a rigidity result:

Proposition 10. Let $B_{R}(p)$ be a regular ball in a Riemannian
manifold $N$ with $K_{N} \leq b \in \mathbb{R}$. Assume that for every $q \in \partial B_{R}(p)$ there exist compact minimal immersions

$$
M_{j}^{m_{j}} \subset B_{R}(p)-B_{r_{j}}(p), \quad 0 \leq r_{j}<R
$$

such that

$$
T_{q} N=\operatorname{span}\left\{\left(\partial B_{R}(p)\right)_{q}^{\perp} \quad \cup \bigcup_{j} T_{q} M_{j}^{m_{j}}\right\}
$$

and such that

$$
\lambda_{1}\left(M_{j}\right)=k\left(m_{j}, r_{j}, R\right) \quad \text { for all } j
$$

Then $\lambda_{1}\left(M_{j}\right)=m_{j} b$ for all $j$ and $B_{R}(p)$ is isometric to a standard hemisphere of constant curvature $K \equiv b>0$.

Proof. With the notation of the proof of Theorem 9 we now have for every $M_{j}$ that $\left.F \circ \rho\right|_{M_{j}}$ is the first eigenfunction
of ${ }^{\Delta_{M}}{ }_{j}$. In particular the last inequality in (5.5) is an equality for all $\rho \in\left[r_{j}, R\right]$. This is only possible if $b>0$ and $k=\pi / 2 R=\sqrt{b}$. But then $F^{\prime \prime}-F^{\prime} h_{b} \equiv 0$ so that from equalities in (5.4), (2.13) and (2.12) we finally also have equality in (2.5). This is only possible if the sectional curvature along the Jacobi field from $p$ to $X \in T M_{j}$ is identically $b$. By assumption we can span $T_{q} N$ by such vectors $X$. It follows that $K_{B_{R}}(p) \equiv b$, where $R=\pi / 2 \sqrt{b}$, and the proposition is proved.

As a corollary to this proof we also obtain

Proposition 11. Let $M^{n-1} \subset B_{R}(p)-B_{r}(p) \subset N^{n}$ be a compact minimal hyper-immersion such that $A^{n-1}$ is everywhere transversal to the vector field $T=g r a d\left(a i s t{ }_{N}(p, \cdot)\right)$. If $K_{N} \equiv b$, and $\lambda_{1}(M)=x(n-1, r, R)$, then $\lambda_{1}(M)=(n-1) b$ and $M^{n-1}$ is isometric to a compact minimal immersion into a standard hemisphere $B_{\pi / 2 \sqrt{b}}(p)$ of constant curvature $K \equiv b$.

If $K_{N}$ is nonpositive it is possible to give a lower bound for $\lambda_{1}$ which is better than (5.1) when $r$ is positive and close to $R$.

Proposition 12. Let $M^{m} \subset B_{R}(p)-B_{r}(p) \subset N^{n}$ be a compact minimail immersion into a regular ball with $K_{N} \leq-b \leq 0$.

Then
(5.6)

$$
\begin{aligned}
\lambda_{1}(m) & \geqq \tau(m, r, R) \\
& =m b \frac{\cosh (\sqrt{b} r)}{\cosh (\sqrt{b} R)-\cosh (\sqrt{b} r)} \\
& \geq \frac{m b}{\cosh (\sqrt{b} R)-1} .
\end{aligned}
$$

In particular, if $b=0$, then
(5.7)

$$
\lambda_{1}(M) \geq \frac{2 m}{R^{2}-r^{2}}
$$

Proof. For $F$ we now choose $F(t)=\cosh (\sqrt{b} R)-\cosh (\sqrt{b} t)$, so that $F^{\prime \prime}-F^{\prime} h_{-b} \equiv 0$ and

$$
\Delta_{M}(F \circ \rho) \leq m F^{\prime}(\rho) h_{-b}(\rho)=-m b \cosh \sqrt{b} \rho
$$

Thus $\quad \Delta_{M}(F \circ \rho)+\tau(m, r, R)(F \circ \rho) \leq 0$ for all,$E[r, R]$, and the result follows from (4.3).

Using Barta's Theorem $C$ we obtain an upper bound on $\lambda_{1}(M)$ in the following somewhat special situation. This result is also best possible in a sense analoguous to proposition 10 and 11.

Proposition 13. Let $M^{m} \subset B_{\pi / 2} \sqrt{b}^{(p) \subset N}$ be a compact minimal immersion into $N$ with $\mathrm{K}_{\mathrm{N}} \geq \mathrm{b} \cdot 0$. The ball $B_{\pi / 2} \sqrt{b}$ need not be regular, but we still assume $\pi / 2 \sqrt{b}<i_{N}(p)$.

If $\quad \partial M^{m} \subset \partial B \pi / 2 \sqrt{b}$, then
(5.8)

$$
\lambda_{1}(M) \leq m b .
$$

Proof. Let $F(t)=\cos (\sqrt{b} t)$. Then again $F^{\prime \prime}-F^{\prime} h_{b} \equiv 0$ and (2.13) now gives

$$
\Delta_{M}(F \circ \rho) \geqq m F^{\prime}(\rho) h_{b}(\rho)=-m b \cos \sqrt{b} \hat{}
$$

so that

$$
\Delta_{M}(F \circ \rho)+m b(F \circ \rho): 0
$$

Thus we have:

$$
\sup \left(-\Delta_{M}(F \circ \rho) /(F \circ \rho)\right): m b
$$

and the result follows from Theorem $C$.

We now turn attention to compact minimal immersions into balls (tubes) around totally geodesic hypersurfaces $v^{n-1} \subset N^{n}$. For this we first note the following fact.

Propositon 14. Let $M^{m} \subset B_{R}(V) \subset N^{n}$ be a compact minimal immersion into a regular tube $B_{R}(V)$ in $N$ with $K_{N} \leq 0$. If $\partial M \subset V$, then $M \subset V$.

Proof. Recall that $n=$ dist $_{N}(V, \cdot)$. Now let $F(t)=\frac{1}{2} t^{2}$. Then by Proposition 8 (2.11), $\Delta_{M}(F \circ n) \geq m>0$ which contradicts the existence of an interior maximum of $F \circ n / M$ if we had both $\partial M \subset V$ and $M \notin V$.

Remark. Similarly, if $K_{N}>0$ and $\partial M=\emptyset$, then $M \cap V \neq \emptyset$.

If $V$ is two-sided in $N$, then $V$ separates every $B_{R}(V)$ into two connected components. In such a case we denote either one of these components by $B_{R}^{+}(V)$.

Proposition 15. Let $M^{m} \subset B_{R}^{+}(V) \subset N^{n}$ be a compact minimal immersion into a regular (half-) tube such that $\partial M \subset V \neq M$. Assume $K_{N} \leq b$.

Then $b>0$ and

$$
\begin{equation*}
\lambda_{1}(M) \leq(m-1) b+\frac{\pi^{2}}{4 R^{2}} \tag{5.9}
\end{equation*}
$$

Proof. The first claim follows from Propos. 14. Now let $F(t)=\sin (k t), k=\pi / 2 R \geqq \sqrt{b}$. Then $F^{\prime \prime}(\eta)-F^{\prime}(\eta) f_{b}(\eta) \leq 0$ for all $n \leqq R$ and from (2.11)

$$
\Delta_{M}(F \circ \eta) \geqq(m-1) F^{\prime}(\eta) f_{b}(\eta)+F^{\prime \prime}(\eta) .
$$

The proof may now be completed as the proof of Propos. 13.
-

In a similar way, using $F(t)=\cos (k t), k=\pi / 2 R$ one obtains:

Proposition 16. Let $M^{m} \subset B_{R}(V) \subset N^{n}$ be a compact minimal immersion into a (full) tube $B_{R}(V)$. The tube need not be regular, but we still assume $R \leqq \pi / 2 \sqrt{b}$ and $R<i_{N}(V)$. If $K_{N} \geqq b \geqq 0$ and if $a M \subset \partial B_{R}(V)$, then

$$
\begin{equation*}
\lambda_{1}(M) \leq \frac{\pi^{2}}{4 R^{2}} \tag{5.10}
\end{equation*}
$$

We close this section by establishing corresponding lower bounds for $\quad \lambda_{1}(M)$ in case of negatively curved (resp., positively curved) ambient spaces.

Proposition 17. Let $M^{m} \subset B_{R}^{+}(V)-B_{r}^{+}(V) \subset N^{n}, 0 \leq r<R$, be a compact minimal immersion into a regular tube (-annulus) in $N$. If $K_{N} \leqslant-b<0$, then

$$
\begin{equation*}
\lambda_{1}(M) \geq m b \frac{\sinh (\sqrt{b} r)}{\sinh (\sqrt{b} R)-\sinh (\sqrt{b} r)} \tag{5.11}
\end{equation*}
$$

Proof. The proof is more or less a repetition of the proof of Propos. 12 only now with $F(t)=\sinh (\sqrt{b} R)-\sinh (\sqrt{b} t)$.

The next result is stated somewhat differently from the previous ones since it applies to a much more general class of minimal immersions.

Theorem 18. Let $M^{m} \subset N$ be a compact minimal immersion (with or without boundary) into $N$. Assume that $K_{N} \geq b>0$ and that $N$ admits a totally geodesic hypersurface $V$ which separates $N$.

Let $M_{i}$ be any connected component of $M-(M \cap V)$. Then
(5.12)

$$
\lambda_{1}\left(\bar{M}_{i}\right) \geq m b
$$

Remark. It should be noted, that the following remains an open problem: If $M^{n-1} \subset S_{1}^{n}$ is a compact ( $a M=\emptyset$ ) embedded minimal hypersurface of the standard unit sphere, is it then true that $\lambda_{1}\left(M^{n-1}\right)=n-1$ ?

Proof. Following the work of A. Kasue [9] we only have to establish inequality (4.2) in the distributional sense on $\stackrel{\circ}{M}_{i}$.

For the continuous function $\psi: \stackrel{\circ}{M}^{m} \longrightarrow \mathbb{R}$ we choose
$\psi=F(\eta)=\sin (\sqrt{b} \eta)$. It then follows from Kasue's arguments on pp. 325-326 of [8] (suitably restricted to work on $\mathrm{M}^{\mathrm{n}} \subset \mathrm{N}$ ), that (2.11) holds for this $F \circ \eta$ in the distributional sense. Thus from $F^{\prime \prime}-F^{\prime} f_{b} \leq 0$ we get $\Delta_{M}(F \circ n)+m b(F \circ n) \leq 0$ as a distribution on $\stackrel{\circ}{M}$. The result then follows from Theorem $D$.

## 6. Some related estimates.

There is no direct relation between the volume $\operatorname{vol}\left(\mathrm{m}^{\mathrm{m}}\right)$ and the bass note $\lambda_{1}\left(M^{m}\right)$ except for dimension $m=1$ where the relation is always sharp: Let $M^{1}$ be compact with boundary; then $\lambda_{1}\left(M^{1}\right)=\pi^{2} /$ length ${ }^{2}\left(M^{1}\right)$. Thus every estimate in the previous section corresponds immediately to an upper or lower bound on the length of geodesic segments in the respective balls.

For general dimensions, however, we can use the result of Theorem 18 to obtain a relation between $\operatorname{vol}\left(\mathrm{M}^{\mathrm{m}}\right)$ and the transversality $T(M, V)$, which we now define.

Definition. Let $V$ be a hypersurface in $N$ and $M \subset N$ an isometric immersion. Then

$$
\begin{equation*}
T(M, V)=\int \cos \Varangle\left(M, V^{\perp}\right) * 1 \tag{6.1}
\end{equation*}
$$

$\mathrm{M} \cap \mathrm{V}$
where $\dot{*}\left(\mathrm{M}, \mathrm{V}^{\perp}\right)(\mathrm{q})$ is the angle between any normal $\xi$ to $V$ and its projection $\pi_{M}(\xi)$ to $M$ at $q \in M \cap V \subset N$.

Theorem 19. Let $M^{m} \subset N^{n}$ be a compact minimal immersion without boundary. Assume that N is positively K-pinched by $0<\sigma \leq K_{N} \leq \delta$ for some constants $\sigma, \delta$ and assume that $N$ admits a totally geodesic hypersurface $V$ which separates $N$. If $M^{m}$ is contained in a regular ball around $V$, then

$$
\begin{equation*}
\operatorname{vol}\left(M^{m}\right)>\frac{2 \sqrt{m \mathrm{c}+\delta}}{m \delta} T(M, V) \tag{6.2}
\end{equation*}
$$

Proof. Let $M_{i}$ be a closed connected component of $M-(M \cap V) \neq M$. Then from Thu. 18 we have

$$
\begin{equation*}
\lambda_{1}\left(M_{i}\right) \geq \mathrm{m} \sigma \tag{6.3}
\end{equation*}
$$

The minimum principle (cf. [3] )gives

$$
\begin{align*}
\lambda_{1}\left(M_{i}\right) & \leqq \int_{M_{i}}\left\|\operatorname{grad}_{M_{i}}(\sin \sqrt{\delta} n)\right\|^{2} * 1 / \int_{M_{i}} \sin ^{2} \sqrt{\delta} n * 1  \tag{6.4}\\
& \leqq \delta \int_{M_{i}} \cos ^{2} \sqrt{\delta} n * 1 / \int_{M_{i}} \sin ^{2} \sqrt{\delta} n * 1 \\
& =\delta\left(\operatorname{vol}\left(M_{i}\right) / \int_{M_{i}} \sin ^{2} \sqrt{\delta} n * 1\right)-0
\end{align*}
$$

(6.5)

$$
\left(m \frac{\sigma}{\delta}+1\right) \int_{M_{i}} \sin ^{2} \sqrt{\delta} n * 1 \leq \operatorname{vol}\left(M_{i}\right)
$$

Now Schwartz' inequality implies
(6.6)

$$
\sqrt{\mathrm{m} \frac{\sigma}{\delta}+1} \int_{M_{i}} \sin \sqrt{\delta}|n| * 1<\operatorname{vol}\left(M_{i}\right)
$$

On the other hand, if we let $F(t)=\sin \sqrt{\delta} t$ we get $F^{\prime \prime}(n)-F^{\prime}(n) f_{\delta}(n) \equiv 0$ so that from Propose. 8 (2.11):

$$
{ }^{A_{M}}(F \circ \eta) \geqq m F^{\prime}(\eta) f_{\delta}(\eta)=-m \delta \sin \sqrt{\delta} \eta
$$

Therefore
(6.7)

$$
\begin{aligned}
& \operatorname{m\delta } \int_{M_{i}} \sin \sqrt{\delta} \eta * 1 \geqslant-\int_{M_{i}} \Delta_{M_{i}}(\text { Eon }) * 1 \\
&=-\int_{\partial M_{i}} \operatorname{grad}(F 0: 1), i_{\text {out }}>* 1 \\
&=-\int_{\partial M_{i}} F^{\prime}(0)<\xi_{i n},{ }^{\zeta} \text { out }>* 1 \\
&=+\sqrt{\delta} T\left(M_{i}, V\right)
\end{aligned}
$$

where $\xi_{\text {in }}$ is the unit normal of $V$ pointing towards $M_{i}$
at $\partial M_{i} \subset V$ and $\zeta_{\text {out }}$ is the outward pointing unit normal vector of $M_{i}$ at $\partial M_{i}$.

Summing over $i$ gives
(6.8)

$$
\int_{M} \sin \sqrt{\delta}|n| * 1 \geqslant \frac{2}{\mathrm{~m} \sqrt{\delta}} \mathrm{~T}(\mathrm{M}, \mathrm{~V}) .
$$

With (6.6) we therefore have

$$
\sqrt{m \frac{\sigma}{\delta}+1} \frac{2}{m \sqrt{\delta}} T(M, V)<\operatorname{vol}(M)
$$

which is the desired inequality.
$\square$

Remark. In [5] Choi and Wang show that if $M^{2}$ is a compact orientable embedded minimal hypersurface of a compact orientable Riemannian 3 -manifold $N^{3}$ with Ric $_{N} 20>0$, then $\operatorname{vol}\left(M^{2}\right) \leqq 8 \pi(\mathrm{~g}+1) / \sigma$, where $g$ is the genus of $\mathrm{M}^{2}$. Consequently, if the assumptions of Theorem 19 is also satisfied, then there is an upper bound on $T\left(M^{2}, V^{2}\right)$ in terms of $g, \eta$ and $\sigma$.

As a final application of the results in section 5 we now prove the following theorem on minimal immersions into $\mathbb{R}^{n}$ which have their boundaries on parallel hyperplanes (such as a parallelly truncated catenoid in $\mathbb{R}^{3}$ ).

Theorem 20. Let $M^{m} \subset \mathbb{R}^{n}$ be a compact minimal immersion with $\partial M^{m} \subset \pi_{1} \cup \pi_{2}$, where $\pi_{1}$ and $\pi_{2}$ are parallel hyperplanes in $\mathbb{R}^{n}$ with distance $L$. Assume that $M^{m} \subset B_{R}(p)-B_{r}(p)$ for some $p \in \mathbb{R}^{n}, 0 \leq x<R$. Then
(6.9)

$$
L^{2} \equiv \min \frac{1}{2 m}\left\{\pi^{2}\left(R^{2}-r^{2}\right), 8 R^{2}\right\}
$$

and
(6.10) $\quad \operatorname{vol}\left(M^{m}\right) \geqq L^{m} \frac{(4 \pi)^{m / 2}}{e \pi^{m}}$.

Proof. The situation corresponds to those in Theorem 2, Proposition 12 and Proposition 16. Thus we get
(6.11) $\max \left\{\frac{m \pi^{2}}{4 R^{2}}, \frac{2 m}{R^{2}-r^{2}}\right\} \leqq \lambda_{1}\left(M^{m}\right) \leqq \frac{\pi^{2}}{L^{2}}$,
and (6.9) follows immediately. The volume bound follows from
(6.12) $\frac{(4 \pi)^{m / 2}}{e \operatorname{vol}(M)} \leq\left(\lambda_{1}\left(M^{m}\right)\right)^{m / 2}$ and $\lambda_{1}\left(M^{m}\right) \leq \frac{\pi^{2}}{L^{2}}$,
where the first inequality is a consequence of [4] (Corollary 4 p. 1057).
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