

Crofton's Formula and the indicatrices.

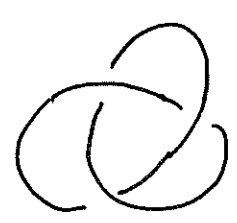
We now know that for a curve on S^2 ,

$$\text{Length} = \pi \times \text{Average}_{P \in G_2(\mathbb{R}^3)} \# \text{ intersections with } P$$

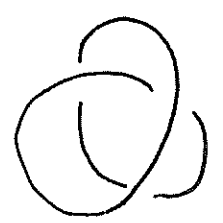
we are going to take this out for a spin!

Definition*. A curve γ in \mathbb{R}^3 is a nontrivial knot if \nexists a smooth map $f: D^2 \rightarrow \mathbb{R}^3$ so that f is 1-1 and $f|_{\partial D^2}: S^1 \rightarrow \mathbb{R}^3 = \gamma$.

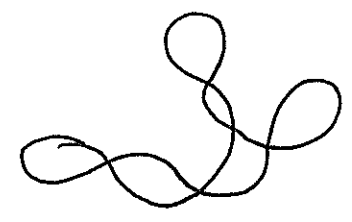
Examples.



Knot



not a Knot



not a Knot either!

(2)

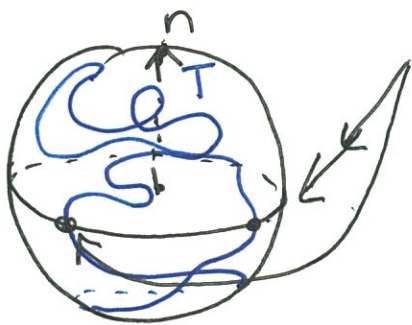
Theorem [Fáry-Milnor]

If γ is knotted, it has total curvature $\geq 4\pi$.

Proof. We argue by proving the contrapositive.

Suppose the total curvature of $\gamma < 4\pi$.

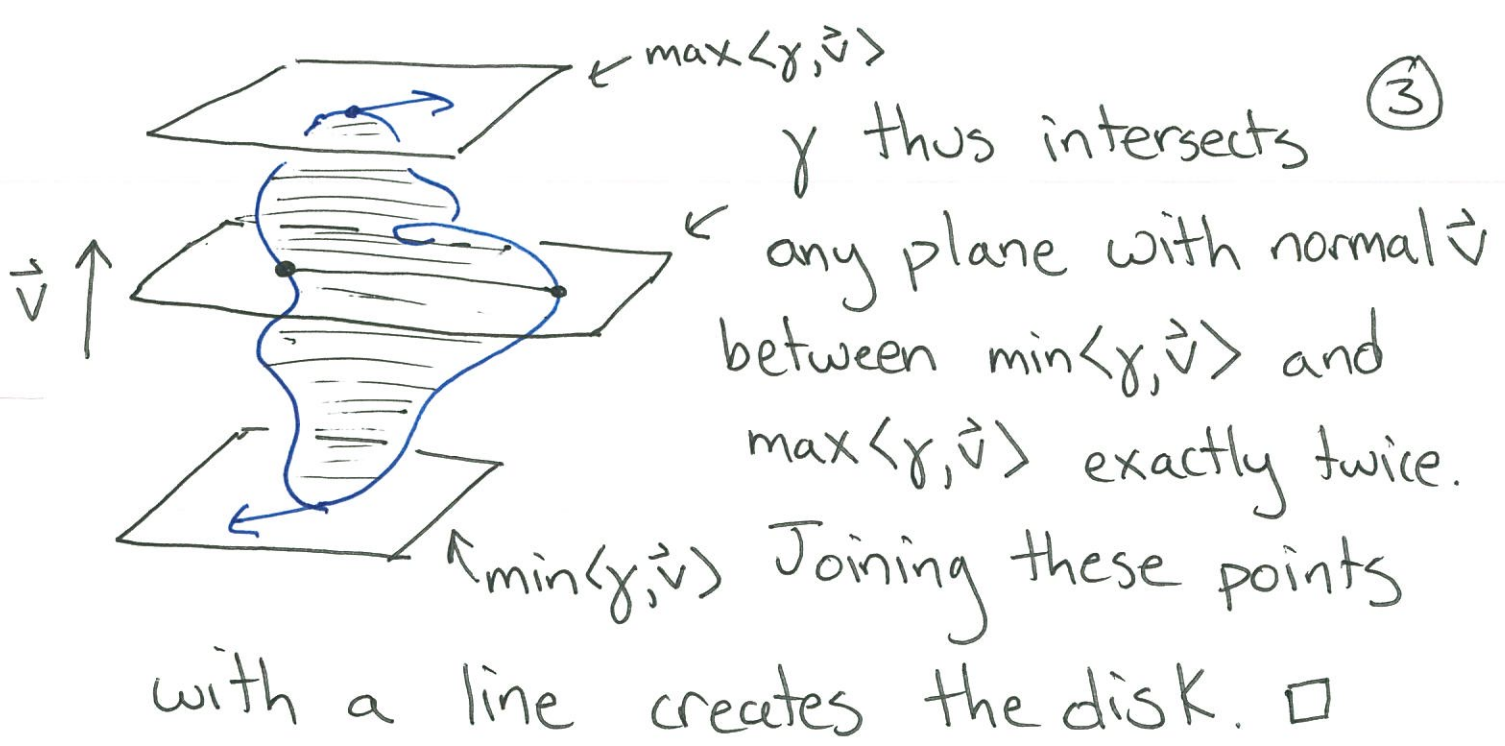
Then the tangent indicatrix has length $< 4\pi$, and by Crofton's formula must cross some plane only twice.



If \vec{n} is the normal to the plane, $T \cdot \vec{n} = 0$ only at these points.

Consider the function $\langle \vec{\gamma}(s), \vec{v} \rangle = f(s)$.

We see $f'(s) = \langle T(s), \vec{v} \rangle$ so f has only two critical points. This means that f is increasing on one arc of S^1 and decreasing on the other.



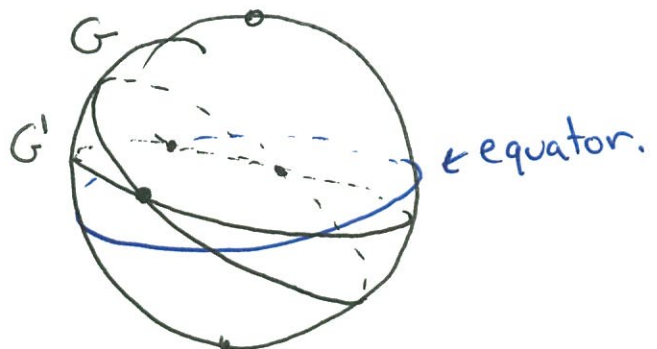
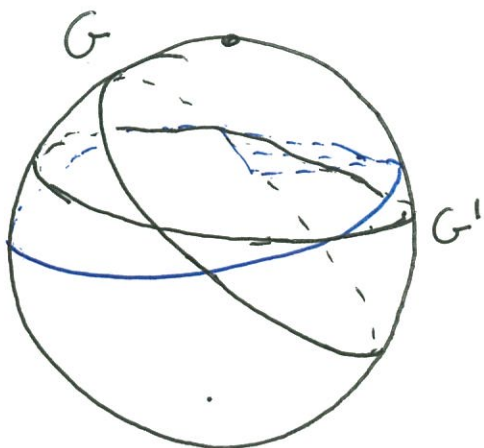
Now we'll try something harder.

Theorem [Milnor-Totaro].

If γ is closed and $\kappa(s) \geq 0$, while $\gamma(s)$ is not always zero, then

$$\int \sqrt{\kappa^2 + \gamma^2} ds = \text{Length } N(s) \geq 4\pi.$$

To prove it, we'll need a lemma



(4)

~~Lemma~~. Suppose we have two great circles G and G' , neither including the north or south poles.

~~Assume~~ Half of G' is south of G , and half north. Call the southern arc G'_S .

If the tangent vector along G' pointing from G'_N to G'_S ~~points~~ lies in the northern hemisphere, then G' makes a smaller angle with the equator than G .

Proof. This tangent vector points along ~~the~~ G' in the direction from the southernmost point to the northernmost (since it is pointing northward). Hence the southernmost point of G' is north of G .

(5)

Next, recall that we have shown that if we think of $T(s)$ as $\tilde{\gamma}(\tilde{s})$,

~~then $\tilde{\gamma}(\tilde{s})$ is a spherical curve~~

then $\tilde{\gamma}(\tilde{s})$ is a spherical curve with

$$\tilde{T}(\tilde{s}) = N(s)$$

$$\begin{aligned}\tilde{T}'(\tilde{s}) &= -K(s)T(s) \cdot \frac{ds}{d\tilde{s}} + \gamma(s)B(s) \frac{ds}{d\tilde{s}} \\ &= -T(s) + \frac{\gamma(s)}{K(s)} B(s).\end{aligned}$$

In particular, if $\gamma(s) > 0$, then the curve ~~$\tilde{\gamma}$~~ $\tilde{\gamma}$ is always heading in the $N(s)$ direction and turning towards $B(s)$.

Proof (of Theorem).

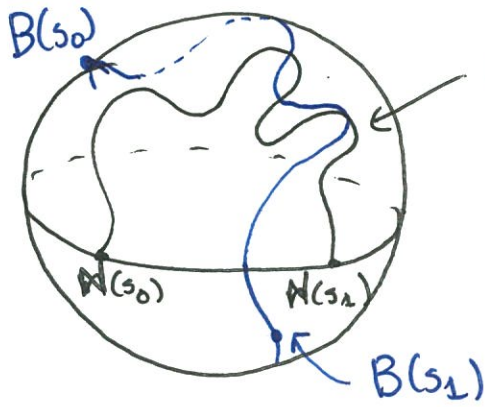
~~We argue by contradiction.~~

We claim $N(s)$ intersects every great circle at least 4 times.

⑥

Suppose not. Wlog, we may take the great circle crossed twice to be the equator, and suppose the crossings to be at s_0, s_1 .

Let $\varphi(\vec{v})$ denote angle above the equator (latitude) with $-\pi/2 \leq \varphi \leq \pi/2$.



We choose $s_0 < s < s_1$ so that $\varphi(N) > 0$ on this range, and so

$$|\varphi(B(s_0))| \geq |\varphi(B(s_1))|.$$

(We might have to ~~exchange~~ swap north and south or reverse the parametriz. of N , but that's ok.)

There is a great circle tangent to T at $T(s_0)$, call it G .

Claim. T touches, but does not cross G .

(Note that if we prove this, we have found a contradiction!) ⑦

We restrict ourselves to $s_0 \leq s \leq s_1$.

Now consider $\varphi(B(s))$. Since $B'(s) = -\gamma N(s)$, $B'(s)$ is pointing southwards (since N is in ~~pointing~~ northern hemisphere by assumption that $\varphi(N) > 0$ on this range).

So $\varphi(B)$ is decreasing on (s_0, s_1) and strictly decreasing when $\gamma > 0$.

If $\varphi(B(s_0)) = \varphi(B(s_1))$, then $\gamma = 0$ on the whole interval (and, flipping parametrization, on the rest of γ), which is ruled out by hypothesis.

So $\varphi(B(s_0)) > \varphi(B(s_1))$. Since ~~$\varphi(B(s_0)) > \varphi(B(s_1))$~~ also $|\varphi(B(s_0))| \geq |\varphi(B(s_1))|$, this means

$\varphi(B(s_0)) > 0$ (it's ~~area~~ more northerly and further away from equator)

Now suppose T crosses G at
some s' with $s_0 < s' < s_{\perp}$.

⑧

Let $T(s')$ be the first such crossing,
and let G' be the great circle
tangent to T at s' .

~~the~~

Claim. The lemma applies to G, G', E .

1) The normal to G is $B(s_0)$ which
has $\Phi(B(s_0)) > 0$, so G does not
pass through the poles.

2) Since T curves towards B ,
and at s_0 , B is in the northern
hemisphere, T is north of G
until it crosses again at s' ,
where it is crossing to the south.

9

But at this point, the tangent to T is G' , which must also be crossing G from north to south.

The tangent to T is N , ~~and~~ and $\varphi(N(s')) > 0$ by our setup above.

Thus the tangent to G' points north, and G' makes a smaller angle with the equator than G .

But this means $\varphi(B(s')) > \varphi(B(s_0))$, contradicting our earlier proof that $\varphi(B)$ was ~~non~~ decreasing! ~~XX~~. \square

We don't have time to prove it, but Milnor gave another pretty theorem along these lines.

(10)

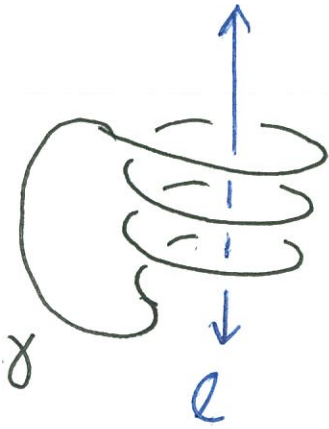
Definition. The linking number of a closed space curve γ with a line ℓ is the ~~oriented~~ integral

$$\frac{1}{2\pi} \int \Theta(\gamma(s)) ds$$

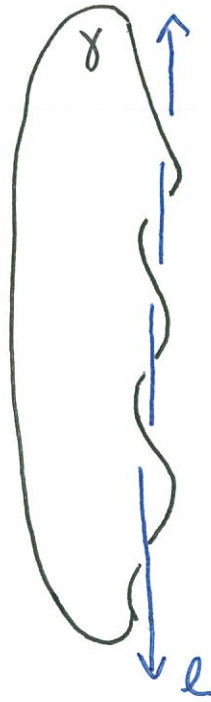
where Θ is the angle in cylindrical coordinates with axis ℓ .

Theorem. If γ has linking number n with a line,

$$\int \kappa(s) ds + \int |\gamma'| ds \geq 2\pi n.$$



lots of curvature,
not much torsion



lots of torsion,
not much curvature.

