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### TOPICS IN REAL ANALYSIS

## THE TRAVELING SALESMAN THEOREM FOR JORDAN CURVES

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## 1. INTRODUCTION AND OVERVIEW

Jones's theorem in [3] says that the shortest curve  $\Gamma$  containing  $E \subset \mathbb{R}^2$  has length

(1.1) 
$$\ell(\Gamma) \simeq \operatorname{diam}(E) + \sum_{Q} \beta_{E}^{2}(Q) \operatorname{diam}(Q).$$

Actually, [3] states that for any  $\delta > 0$  and  $E \subset \mathbb{R}^n$ ,  $2 \le n < \infty$ , (1.2)  $\ell(\Gamma) \le (1+\delta)\operatorname{diam}(E) + C(\delta)\sum_Q \beta_E^2(Q)\operatorname{diam}(Q)$ .

For general sets E, this does not hold for  $\delta = 0$ . For example, if  $E = \{0, 1, i\beta\} \subset \mathbb{R}^2$  with  $0 < \beta << 1$ , then the shortest curve  $\Gamma$  containing E satisfies  $\ell(\Gamma) = 1 + \beta$ , but diam $(\Gamma) = \sqrt{1 + \beta^2} = 1 + O(\beta^2)$ . It is not hard to check that the  $\beta^2$ -sum for E is  $O(\beta^2) \ll \beta$ . Thus the term  $C(\delta)$  must tend to  $\infty$  as  $\delta \searrow 0$ .

However, we will show that (1.2) does hold for  $\delta = 0$  when  $E = \Gamma$  a Jordan curve.

# **Theorem 1.1.** For any Jordan arc in $\mathbb{R}^n$ , (1.3) $\ell(\Gamma) - \operatorname{diam}(\Gamma) \simeq \sum_Q \beta_{\Gamma}^2(Q) \operatorname{diam}(Q),$

where the sum is over all dyadic cubes.

In fact, we can do even better than this. Let  $\operatorname{crd}(\Gamma) = |z - w|$  where  $\{z, w\}$  are the endpoints of  $\Gamma$ ; this is the "chord length" of  $\Gamma$ . We always have  $\operatorname{crd}(\Gamma) \leq \operatorname{diam}(\gamma)$ , so Theorem 1.1 implies

(1.4) 
$$\ell(\Gamma) - \operatorname{crd}(\Gamma) \gtrsim \sum_{Q} \beta_{\Gamma}^{2}(Q) \operatorname{diam}(Q).$$

The opposite direction is less obvious, but also holds:

**Theorem 1.2.** For any Jordan arc  $\Gamma \subset \mathbb{R}^n$ ,

(1.5) 
$$\ell(\Gamma) - \operatorname{crd}(\Gamma) \simeq \sum_{Q} \beta_{\Gamma}^{2}(Q) \operatorname{diam}(Q),$$

where the sum is over all dyadic cubes.

**Plan:** For E a set and  $\Gamma$  a Jordan curve we will prove:

(1.6) 
$$\ell(\Gamma) - \operatorname{diam}(\Gamma) \lesssim \sum_{Q} \beta_{\Gamma}^{2}(Q) \operatorname{diam}(Q),$$

(1.7) 
$$\ell(E) \le (1+\delta) \operatorname{diam}(E) + C \sum_{Q} \beta_{\Gamma}^{2}(Q) \operatorname{diam}(Q),$$

(1.8) 
$$\ell(\Gamma) - \operatorname{diam}(\Gamma) \gtrsim \sum_{Q} \beta_{\Gamma}^{2}(Q) \operatorname{diam}(Q),$$

(1.9) 
$$\ell(\Gamma) - \operatorname{crd}(\Gamma) \lesssim \sum_{Q} \beta_{\Gamma}^{2}(Q) \operatorname{diam}(Q),$$

First we prove the inequality

(1.10) 
$$\ell(\Gamma) - \operatorname{diam}(\Gamma) \lesssim \sum_{Q} \beta_{\Gamma}^{2}(Q) \operatorname{diam}(Q),$$

We will define a sequence of nested, compact sets  $\{\Gamma_n\}_0^\infty$  that shrinks down to  $\Gamma$ .  $\Gamma_0$  is the convex hull of  $\Gamma$ .

In general, suppose that  $\Gamma_n$  is the union of a collection  $\mathcal{R}_n$  of compact, convex sets that cover  $\Gamma$  and that each set  $R \in \mathcal{R}_n$  is the convex hull of  $R \cap \Gamma$ . For each such set R, choose a diameter segment I of R and divide I into two equal halves. Let  $R_1, R_2$  be the convex hulls of the parts of  $R \cap \Gamma$  than project orthogonally onto each of these segments.



We call this process splitting R. The collection  $\mathcal{R}_{n+1}$  is obtained by splitting very element of  $\mathcal{R}_n$  in this way. Thus  $\mathcal{R}_{n+1}$  has twice as many elements as  $\mathcal{R}_n$ .

We will think of these elements as the *n*th generation of a binary tree whose root is  $R_0$ . Below we will show that the diameters of these sets tend to zero uniformly in *n* and that the sets are well dispersed in space (only a bounded number with diameter  $\simeq r$  can be within distance *r* of each other).

For a convex set R we define

$$\beta(R) = \inf_{I} \sup_{z \in R} \frac{\operatorname{dist}(z, I)}{\operatorname{diam}(R)},$$

and the first supremum is over all diameters I of R. (diameters are segments connecting pairs of points  $z, w \in \partial R$  with  $|z - w| = \operatorname{diam}(R)$ ).

Lemma 1.3. If R is split into  $R_1, R_2$  as above, then  $\operatorname{diam}(R_1) + \operatorname{diam}(R_2) \leq \operatorname{diam}(R) + O\left(\beta^2(R)\operatorname{diam}(R)\right).$ 

Proof. The subset  $R_1 \subset R$  is contained in a cylinder W with axis length  $\operatorname{diam}(R)/2$  and radius  $\beta(R)\operatorname{diam}(R)$ , so  $\operatorname{diam}(R_1) \leq \operatorname{diam}(W) = \frac{1}{2}\operatorname{diam}(R) + O(\beta^2(R)\operatorname{diam}(R))$ . Similarly for  $R_2$ , and adding the estimates proves the lemma.

**Lemma 1.4.** There is a constant M = M(n), so that if the splitting operation is performed M times, then each of the  $2^M$  resulting sets has diameter at most  $\frac{3}{4}$ diam(R).

Proof. Suppose not, that is, suppose there is an R with diam(R) = 1 and a large integer M, so that after M splittings some subset still has diameter > 3/4. After the first subdivision the projection onto the direction of the first diameter segment has length 1/2, so the second diameter segment (or any of the next M diameter segments) can't point in the same direction. Indeed, since all the next M diameters are > 3/4 then can't lie within angle  $\theta = \cos^{-1}(2/3)$ of the first direction. Similarly, the third direction can't be within  $\theta$  of either the first or second directions, and so on. Since the (n-1)-sphere is compact, it contains at most a bounded number C(n) of disjoint spherical caps of this size and so  $M \leq C(n) + 1$ , as desired.  $\Box$  By considering an *n*-dimensional ball, we see that *n* splittings may have to occur before the diameter drops at all. As a side remark, Borsuk's conjecture [2] asked if any bounded set in  $\mathbb{R}^n$  could be partitioned into n + 1 subsets of strictly smaller diameter, but this was disproven by Kahn and Kalai [4] who gave examples of sets requiring  $\geq (1.1)^{\sqrt{n}}$  subsets when *n* is large. Schramm had earlier shown that  $(1.3)^n$  subsets always suffice. See also Chapter 18 of [1] for some history and related results.

Using Lemma 1.3, induction and diam( $\Gamma_0$ ) = diam( $\Gamma$ ), we get

$$\sum_{R \in \mathcal{R}_{n+1}} \operatorname{diam}(R) \leq \sum_{R \in \mathcal{R}_n} \operatorname{diam}(R) + O\left(\sum_{R \in \mathcal{R}_n} \beta^2(R) \operatorname{diam}(R)\right)$$
$$\leq \operatorname{diam}(\Gamma) + O\left(\sum_{k=1}^n \sum_{R \in \mathcal{R}_k} \beta^2(R) \operatorname{diam}(R)\right)$$

For a Jordan curve, the definition of  $\ell(\Gamma)$  via the supremum of lengths of inscribed polygons agrees with the definition of 1-dimensional Hausdorff measure  $\mathcal{H}^1(\Gamma)$  as the limit  $\lim_{\delta \searrow 0} \inf \sum_j \operatorname{diam}(X_J)$ , where the infimum is over all coverings of  $\Gamma$  by set of diameter less than  $\delta$ .

By Lemma 1.4 our collections  $\mathcal{R}_n$  form such coverings and hence (1.11)  $\ell(\Gamma) = \mathcal{H}^1(\Gamma) \leq \limsup_{n \to \infty} \sum_{R \in \mathcal{R}_n} \operatorname{diam}(R).$  Therefore,

(1.12) 
$$\ell(\Gamma) \leq \operatorname{diam}(\Gamma) + O\left(\sum_{n=0}^{\infty} \sum_{R \in \mathcal{R}_n} \beta^2(R) \operatorname{diam}(R)\right)$$

So all that remains to do is to show that the  $\beta^2$ -sum over all the convex sets in the tree T is dominated by the usual  $\beta^2$ -sum over dyadic cubes.

Given a set R in some  $\mathcal{R}_n$  there is a dyadic cube Q that intersects R and satisfies  $\operatorname{diam}(R) \leq \operatorname{diam}(Q) \leq 2 \cdot \operatorname{diam}(Q)$ . Then  $R \subset 3Q$  and  $\beta(R) = O(\beta(Q))$ . We will be done once we know that only a uniformly bounded number of R's can be associated to the same Q. This is implied by:

**Lemma 1.5.** Suppose R is the convex hull of  $\Gamma \subset \mathbb{R}^n$ ,  $n \geq 2$ . Consider the binary tree of subsets obtained by the subdivision rule described above. Given  $0 < \epsilon < \operatorname{diam}(\Gamma)$  and a point  $x \in \mathbb{R}^n$ , the number of descendants of R that hit the ball  $B(x, \epsilon)$  and have diameter between  $\epsilon/2$  and  $\epsilon$  is bounded depending only on the dimension n.

*Proof.* Rescale so  $\epsilon = 1/1000$  and x = 0. Let C be the collection of sets described in the lemma. Choose a large integer N and remove all the sets that are within distance N of the root; there are at most  $2^N$  of these, so it suffices to bound the number of remaining sets. Replace each remaining set by its smallest (in terms of containment) ancestor to have diameter larger than 4. By Lemma 1.4 there must be such an ancestor, if N is large enough (depending only on n), and at most  $2^N$  sets in  $\mathcal{C}$  have the same replacement. Thus it suffices to bound the number of minimal sets R in Tso that diam $(R) \geq 4$  and  $R \cap B_{\epsilon} \neq \emptyset$ . We call these sets admissible descendents of R and denote them by  $\mathcal{A}$ . We say a set R' in  $\mathcal{A}$  has rank k if it contains a k-dimensional ball of radius  $10^{-k}$  centered on the unit n-sphere. We will call the center of this ball the center of R'. Since every admissible descendent hits  $B_{\epsilon}$  and has diameter  $\geq 4$ , it contains a segment that connects  $\{|x| = 1/2\}$  to  $\{|x| = 3/2\}$  and hence has rank at least 1.

The maximum possible rank is n, and there are only a bounded number of such sets in  $\mathcal{A}$  since they contain disjoint balls of fixed volume centered on the unit sphere. When considering the tree T, we will say a vertex has rank k if the corresponding set does. The key observation is the following. Suppose that  $\delta = 10^{-n-4}$  and that  $R_1, R_2$  are two descendent sets whose center points are within  $\delta$  of each other. Suppose also that  $R_2$  has rank less than or equal to k, the rank of  $R_1$ . Let  $R_0$  be the smallest common ancestor of  $R_1$  and  $R_2$  (on the tree T, this is the vertex where the paths from  $R_1$  and  $R_2$  to root first meet). Then  $R_1$  and  $R_2$  are on opposite sides of the hyperplane H (possibly each intersecting H) bisecting some diameter I of  $R_0$ , and hence H must come within  $\delta$  of the center of  $R_1$ . Thus the k-ball  $B_k$  in  $R_1$  is very close to parallel to H. The segment I is perpendicular to H and hits H at a point at most distance diam $(R_0)$  from the center of  $B_k$ . By definition,  $R_0$  contains the convex hull of its endpoints and the k-ball  $B_k$ . Since diam $(I) = \text{diam}(R_0) \ge \text{diam}(R_1)$ ,  $R_0$  contains a (k + 1)ball  $B_{k+1}$  with the same center as  $B_k$  and with radius at least 1/10 as big, in particular, bigger than  $10^{-k-1}$ . Thus any common ancestor of two sets whose center points are  $\delta$ -close has strictly higher rank than either of them.



Now choose a point x on the unit sphere in  $\mathbb{R}^n$  and consider all the admissible descendents whose centers are within  $\delta$  of this point. These sets form the leaves of a finite subtree of T, where the only vertices of degree 3 are smallest common ancestors of some subcollection of the sets.

By our remarks above, each vertex of degree three has strictly larger rank than any of the degree three vertices below it (closer to the leaves). Thus each leaf is connected to the root by a path that has at most n degree three vertices on it and so the tree is homeomorphic to a rooted binary tree with depth  $\leq n$ . Thus there are at most  $2^n$  leaves.

Since the unit sphere in  $\mathbb{R}^n$  is compact, we can partition the set of all admissible descendents into  $N(n, \delta)$  collections, each of which has all their centers contained inside some ball of radius  $\delta$ . By our previous argument, each such collection has at most  $2^n$  elements, and this proves the lemma.

This completes the proof of the upper bound.

**TST upper bound for general sets:** We have done most of the work needed to prove the

(1.13) 
$$\ell(\Gamma) \leq (1+\delta) \operatorname{diam}(E) + C(\delta) \sum_{Q} \beta_{E}^{2}(Q) \operatorname{diam}(Q)$$
for a general set  $E \subset \mathbb{R}^{n}$ .

The only change is in the splitting procedure. As before, we start with  $\Gamma_0$  the convex hull of E. In general, we will have a collection of convex sets  $\mathcal{R}_n$  and line segments  $\mathcal{S}_n$  whose union is a closed, connected set  $\Gamma_n$  that contains E. As before, each convex, compact set  $R \in \mathcal{R}_n$ , will be convex hull of  $R \cap E$ . The intersection  $\Gamma = \cap \Gamma_n$  is a compact, connected set containing E and we wish to bound its 1-dimensional Hausdorff measure.

Given  $R \in \mathcal{R}_n$ , we take a diagonal curve I and split it into three equal thirds: the middle segment  $J_0$  and the two ends  $J_1$ ,  $J_2$ . If the orthogonal projection of  $R \cap E$  contains a point  $v \in J_0$ , then cut I into two pieces  $I_1$ ,  $I_2$  using this point and replace R by two pieces  $R_1$ ,  $R_2$  that are the convex hulls of the parts of  $R \cap E$  that project onto  $I_1$ ,  $I_2$  respectively. If the projection of onto  $J_0$  is empty, then define  $R_1$ ,  $R_2$  as the convex hulls of the parts of  $R \cap E$  that project onto  $J_1, J_2$  respectively and a shortest possible line segment S connecting  $R_1$  and  $R_2$ . The union of the *n*th generation sets and segments is clearly a connected compact covering of E, so the sum of the diameters of these sets and segments is an upper bound for the shortest connected set containing E (shortest in the sense of 1-dimensional Hausdorff measure). The only change needed in the earlier proof to to Lemma 1.3. It becomes

**Lemma 1.6.** If R is split into  $R_1, R_2$  sets and a segment S as above, then  $\operatorname{diam}(R_1) + \operatorname{diam}(R_2) + (1 - \delta)\ell(S) \leq \operatorname{diam}(R) + O(\frac{1}{\delta})\beta^2(R)\operatorname{diam}(R).$ 

*Proof.* For the first case of the new splitting procedure, there is no segment S and each subset has diameter comparable to R, and the proof of Lemma 1.3 is the same as before.

For the second case, first note that if  $\beta(R) \ge \delta/20$ , then  $\operatorname{diam}(R_1) + \operatorname{diam}(R_2) + (1 - \delta)\ell(S) \le \ell(J_1) + \ell(J_2) + \ell(J_0) + 6\beta(R)|R|$   $\le \operatorname{diam}(R) + \frac{120}{\delta}\beta^2(R)\operatorname{diam}(R)$ 

If  $\beta(R) < \delta/6$ , then because  $\ell(S) = \operatorname{diam}(R)/3$ ,

 $\operatorname{diam}(R_1) + \operatorname{diam}(R_2) + (1 - \delta)\ell(S) \leq \ell(J_1) + \ell(J_2) + 8\beta^2(R)\operatorname{diam}(R)$  $+ (1 - \delta)(\ell(J_0) + 4\beta^2(R)|R|)$  $\leq (1 - \frac{\delta}{3})\operatorname{diam}(R) + 12\beta^2(R)\operatorname{diam}(R)$  $\leq (1 - \frac{\delta}{3})\operatorname{diam}(R) + 12(\delta/6)^2\operatorname{diam}(R)$  $\leq \operatorname{diam}(R).$ 

This proves the lemma.

The rest of the proof now proceeds as before, except that since

$$\sum_{n} \sum_{S \in \mathcal{S}_n} \ell(S) \le \ell(\Gamma),$$

we can replace (1.12) by

$$(1-\delta)\ell(\Gamma) \leq \operatorname{diam}(\Gamma) + \limsup_{n} \sum_{R \in \mathcal{R}_{n}} \operatorname{diam}(R) + \sum_{k=1}^{n} \sum_{S \in \mathcal{S}_{n}} (1-\delta)\ell(S)$$
$$\leq \operatorname{diam}(\Gamma) + O(\frac{1}{\delta}) \sum_{n} \sum_{R \in \mathcal{R}_{n}} \beta^{2}(R) \operatorname{diam}(R).$$

Dividing both sides by  $(1 - \delta)$  proves (1.2).

This implies the smallest connected set  $\Gamma$  containing a set E satisfies  $\ell(\Gamma) - \operatorname{diam}(E) \leq (1+\delta)\operatorname{diam}(E) + \frac{C_2}{\delta}\sum_Q \beta_E^2(Q)\operatorname{diam}(Q).$ 

Later we prove that the lower bound

$$C_1 \sum_Q \beta_E^2(Q) \operatorname{diam}(Q) \le \ell(\Gamma) - \operatorname{diam}(E)$$

holds for any curve  $\Gamma$  containing E.

Next we consider the lower bound:

(1.14) 
$$\ell(\Gamma) - \operatorname{diam}(\Gamma) \gtrsim \sum_{Q} \beta_{\Gamma}^{2}(Q) \operatorname{diam}(Q).$$

In the case n = 2 we will actually prove that

(1.15) 
$$\ell(\Gamma) - \frac{1}{2} \operatorname{prm}(\Gamma) \gtrsim \sum_{Q} \beta_{\Gamma}^{2}(Q) \operatorname{diam}(Q),$$

where  $\operatorname{prm}(\Gamma) = \ell(\partial(\operatorname{ch}(\Gamma)))$  denotes the perimeter of  $\Gamma$ , i.e., the length of the boundary of its planar convex hull (twice the length of  $\Gamma$  if it is a line segment).

By noting that the orthogonal projection of a closed curve onto a diameter segment is 1-Lipschitz and at least 2-to-1, we see that the perimeter of  $\Gamma$  is at least twice its diameter. Hence (1.15) implies (1.8). In higher dimensions, the perimeter is replaced by a quantity called the "mean width" of  $\Gamma$ , defined below.

Estimate (1.8) uses ideas from integral geometry. For the following facts, see [7].

There is a standard measure  $\mu$  on the space of (n-1)-hyperplanes in  $\mathbb{R}^n$ , that is invariant under rigid motions of  $\mathbb{R}^n$ . In this proof "hyperplane" will always mean a (n-1)-dimensional affine space, and we will drop the explicit mention of the dimension. Each hyperplane  $H \subset \mathbb{R}^n$  (except those passing though the origin; a set of  $\mu$  measure zero) is determined by the point  $p \in H$  closest to the origin. If p = rx with r > 0,  $x \in \mathbb{S}^{n-1} = \{x \in \mathbb{R}^n : |x| = 1\}$ , the measure  $\mu$  on hyperplanes is given by dr times (n-1)-measure on the unit sphere  $\mathbb{S}^{n-1} \subset \mathbb{R}^n$ . Crofton's formula says there is a constant  $c_n > 0$  so that

$$\ell(\Gamma) = c_n \int n(H, \Gamma) d\mu(H),$$

where  $n(H, \Gamma)$  is number of points in  $H \cap \Gamma$ . See [7]. As a special case the measure of the set of hyperplanes hitting a line segment I is  $c_n \ell(I)$  (almost every hyperplane hits a given segment at most once).

The value of  $c_n$  is explicitly known, but not important to us; indeed, from this point on we normalize  $\mu$  so that  $c_n = 1$ . Note that if S is the chord of  $\Gamma$  then  $(1.16) \qquad \mu(\{H : H \cap \Gamma \neq \emptyset\}) \ge \mu(H : H \cap S \neq \emptyset\}) = \operatorname{crd}(\Gamma).$ The leftmost quantity in (1.16) is called the mean width of  $\Gamma$ ; it is the average over  $S^{n-1}$  of the length of the projection of  $\Gamma$  onto the line every direction. For n = 2, this is a multiple of the perimeter of the convex hull K of  $\Gamma$ , and for n = 3 it is a multiple of the integral of the mean curvature over the surface of K (and this is often easier to compute). More generally, it is the coefficient  $V_1$  of  $\epsilon$  in Steiner's formula  $\operatorname{vol}(K_{\epsilon}) = \operatorname{vol}(K) + V_1\epsilon + V_2\epsilon^2 + \cdots + V_n\epsilon^n$ , where  $K_{\epsilon}$  is the  $\epsilon$ -neighborhood of K.

The  $V_k$ 's are the intrinsic volumes of K and every rigid motion invariant on convex sets is a combination of these. See, e.g., [5], [7].

Let  $\mathcal{D}$  denote the collection of dyadic cubes in  $\mathbb{R}^n$  and let  $\mathcal{D}^*$  be the union of all possible translates of  $\mathcal{D}$  by  $\{-\frac{1}{3}, 0, \frac{1}{3}\}$  along any subset of the *n* coordinates.

The family  $\mathcal{D}^*$  has the property that any bounded subset of  $\mathbb{R}^n$  is contained in some member of  $\mathcal{D}^*$  of comparable size (the  $\frac{1}{3}$ -trick, [6]). Also, the translate of any dyadic cube by  $\ell(Q)/3$  along any subset of the coordinates is in  $\mathcal{D}^*$  (to see this, note that one of  $2^n \pm 1$  is divisible by 3 hence  $\frac{1}{3}2^{-n} = \pm \frac{1}{3} + k2^{-n}$  has a solution). The set of all such translates of Q is denoted  $\mathcal{D}^*(Q)$ . For  $Q \in \mathcal{D}^*$  let  $S(Q, \Gamma)$  be the set of hyperplanes that intersect both  $\frac{5}{3}Q \cap \Gamma$ and  $(3Q \setminus 2Q) \cap \Gamma$ . For a hyperplane H, let  $N(H, \Gamma)$  be the number of cubes  $Q \in \mathcal{D}^*$  such that  $H \in S(Q, \Gamma)$ .

**Lemma 1.7.**  $n(H, \Gamma) - 1 \gtrsim N(H, \Gamma)$  whenever  $n(L, \Gamma) > 0$ .

**Lemma 1.8.** *1.7 a*: Command not found.  $n(H, \Gamma) - 1 \gtrsim N(H, \Gamma)$  whenever  $n(L, \Gamma) > 0$ .

Proof. Assume  $n(H, \Gamma)$  is finite (otherwise there is nothing to do). Since  $\mathcal{D}^*$  consists of a finite union of families of translations of the dyadic cubes  $\mathcal{D}$ , its suffices to bound the number of cubes belonging to each family. Since the argument is the same for each family, we just consider the dyadic cubes.

By breaking the dyadic family into a finite number of sub-families, we may also assume the cubes are "*M*-sparse", i.e., there is a large constant *M* so that any two cubes Q, Q' of the same size satisfy  $\operatorname{dist}(Q, Q') \geq M\operatorname{diam}(Q)$  and cubes Q, Q' of different sizes satisfy either  $\operatorname{diam}(Q) \geq M\operatorname{diam}(Q')$  or the reverse inequality. Let  $\mathcal{Q}$  be one such a collection of sparse dyadic cubes. We define a graph G = (V, E) with vertices  $V = H \cap \Gamma$  and an edge between  $z, w \in V$  if there is some cube  $Q \in \mathcal{Q}$  with  $z \in \frac{5}{3}Q$  and  $w \in 3Q \setminus 2Q$ . Let  $\mathcal{C} \subset \mathcal{Q}$  be the cubes Q for which such a pair (z, w) exists.

We define a graph G = (V, E) with vertices  $V = H \cap \Gamma$  and an edge between  $z, w \in V$  if there is some cube  $Q \in \mathcal{Q}$  with  $z \in \frac{5}{3}Q$  and  $w \in 3Q \setminus 2Q$ . Let  $\mathcal{C} \subset \mathcal{Q}$  be the cubes Q for which such a pair (z, w) exists.

Note that diam $(Q) \simeq |z - w|$ , so the number of dyadic cubes associated to this pair is uniformly bounded. Moreover, by sparseness there is at most one  $Q \in \mathcal{Q}$  associated to any pair (z, w). Thus  $\#(\mathcal{C}) \leq \#(E)$  (where # is cardinality).

In fact, if Q is associated to more than one edge in G, we remove all but one of these edges from the graph (that we still call G), so that  $\#(\mathcal{C}) = \#(E)$ . We claim that G is a forest, i.e., all its connected components are trees, e.g., G has no cycles. If this holds, then  $\#(\mathcal{C}) = \#(E) \leq \#(V) - 1 = n(H, \Gamma) - 1$  and we are done.
Note that if M is chosen large enough, and  $e_1, e_2 \in E$  are adjacent edges of G whose lengths are comparable to within a factor of 100, then by sparseness,  $e_1$  and  $e_2$  must correspond to the same cube Q, and hence  $e_1 = e_2$ . Thus adjacent edges in G have lengths differing by a factor of at least 100. Now suppose  $e_1, \ldots e_N$  are the ordered edges of cycle in G. We want to show this is impossible.

We will call a pair of edges  $e_j$ ,  $e_k$  in the cycle a "good pair" if they have sizes that are comparable within a factor of 100, but are connected by a non-empty path of edges that are all smaller by a factor of 100. We may assume  $e_1$  is the longest edge. Thus it is one element of a good pair; the other element is either itself (if it is the only edge with comparable length in the cycle) or another edge  $e_k$ ; in the latter case  $e_1$  and  $e_k$  can't be adjacent by our earlier remarks. We claim there must be another good pair on the path connecting  $e_1$  to  $e_k$ . If not, then look at the connecting edges in groups of comparable size in decreasing order: there is one element of the first group, at most two in the second group, at most four in the third group, and so on.

Thus the total length of all the edges in the path is at most  $\sum_{n=1}^{\infty} 2^n \cdot 100^{-n} \ell(e_1) \ll \ell(e_1)$ . However, the path either connects the endpoints of  $e_1$ , or connects  $e_1$  to an edge  $e_k$  whose distance from  $e_1$  is  $\geq 100 \cdot \ell(e_1)$ . In either case, the path is too short, so the assumption that there are no good pairs must be wrong.

So a good pair of edges  $e_j$ ,  $e_i$  with diameters  $\leq 100 \cdot \operatorname{diam}(e_1)$  must exist. But these edges are separated by distance at least  $100 \cdot \operatorname{diam}(e_j)$  and the same argument as above implies the path between them contains another good pair smaller by at least a factor of 100. Continuing in this way, we see the proposed cycle in G contains arbitrarily many edges, and this contradicts the fact that Gis a finite graph. Thus G is a forest, and the lemma is proven. Continuing with the proof of (1.8), note that by (1.16)

$$\begin{split} \ell(\Gamma) - \operatorname{crd}(\Gamma) \ &\geq \ \int n(H, \Gamma) d\mu(H) - \int_{H \cap \Gamma \neq \emptyset} 1 d\mu(H) \\ &\gtrsim \ \int N(H, \Gamma) d\mu(H) \\ &= \ \sum_{Q^*} \mu(S(Q^*, \Gamma)). \end{split}$$

To complete the proof we need

**Lemma 1.9.** For every dyadic cube Q there is a intersecting  $Q^* \in \mathcal{D}^*$  of comparable size so that  $\beta_{\Gamma}^2(Q) \operatorname{diam}(Q) \leq \mu(S(Q^*, \Gamma))$ .

Given the lemma, we deduce that

$$\sum_{Q \in \mathcal{D}} \beta^2(Q) \operatorname{diam}(Q) \lesssim \sum_{Q^* \in \mathcal{D}^*} \mu(S(Q^*, \Gamma)),$$

and hence

$$\ell(\Gamma) - \operatorname{crd}(\Gamma) \gtrsim \sum_{Q \in \mathcal{D}} \beta^2(Q) \operatorname{diam}(Q),$$

as desired.

To prove Lemma 1.9 we will need some preliminary facts.

**Lemma 1.10.** Suppose I is the unit segment between 0 and 1 on the  $x_1$ -axis, and suppose J is another unit length segment with at least one endpoint inside  $\{|x| < 100\}$  and distance  $\beta > 0$  from the  $x_1$ -axis. Then the  $\mu$ -measure of the hyperplanes hitting both I and J is  $\gtrsim \beta^2$ .

*Proof.* Think of I as fixed and J as variable. The measure of the hyperplanes hitting both I and J is a continuous function of J and is non-zero as long as J is not a subset of  $X_1$ , the  $x_1$ -axis. Thus it is bounded away from zero as long as J has one endpoint outside the cylinder of radius 1/100 around  $X_1$ .

Since the lemma is true if  $\beta \geq 1/100$ , now suppose  $\beta < 1/100$ . Then the hyperplanes that hit both I and J have unit perpendicular vectors that are close to the (n-1)-unit-sphere  $\mathbb{S}^{n-1}$  in  $X_1^{\perp}$ , the orthogonal complement of  $X_1$ . Consider the linear map that is the identity on  $X_1$  and expands by a factor of  $b = 1/(100\beta)$  on  $X_1^{\perp}$ . In the p = rx parameterization of hyperplanes, this map can change r by a factor of O(b) and changes the x parameter by increasing its distance from  $X_1^{\perp}$  by factor of at most O(b), and thus changes the (n - 1)-volume by a factor of O(b) near  $S^{n-1}$ . Therefore the  $\mu$  measure of hyperplanes hitting I and J is increased by at most a factor of  $O(b^2) = O(\beta^{-2})$  and the new measure is bounded uniformly away from zero. This proves the lemma.

**Lemma 1.11.** Suppose Q is a dyadic cube in  $\mathbb{R}^n$  and  $Q^* \in \mathcal{D}^*$  is cube of the same size and is a translation of Q by at most  $\ell(Q)/3$  in each coordinate direction. Then the distance from  $2Q \cup 2Q^*$  to  $\mathbb{R}^n \setminus (3Q \cap 3Q^*)$  is at least  $\ell(Q)/6$ .

Proof. If  $z \in 2Q \cup 2Q^*$  then  $P_k(z) \in 2I \cup 2I^* = P_k(2Q) \cup P_k(2Q^*)$  for every  $k = 1, \ldots, n$ , where  $P_k$  is the orthogonal projection onto the kth coordinate axis. Similarly, if  $w \notin (3Q \cap 3Q^*)$  then  $P_k(z) \notin 3I \cap 3I^* = P_k(3Q) \cap P_k(3Q^*)$  for some choice of k.

But in dimension 1, the distance between  $2I \cup 2I^*$  and  $\mathbb{R} \setminus (3I \cap 3I^*)$  is easily computed to be  $\ell(I)/6$ , e.g., if I = [0, 1] and  $I^* = [\frac{1}{3}, \frac{4}{3}]$ , then  $2I \cup 2I^* = [-\frac{1}{2}, \frac{11}{6}]$ and  $3I \cap 3I^* = [-\frac{2}{3}, 2]$ . Hence |z - w| is at least this big. Proof of Lemma 1.9. The idea is simple: by Lemma 1.10 and the fact that any hyperplane hitting a chord S of a sub-arc  $\gamma \subset \Gamma$  also hits  $\gamma$ , the estimate reduces to finding two sub-arcs of  $\Gamma \cap 3Q$  whose chords are  $\beta$  far from lying one the same line. Moreover, we need these chords to have lengths comparable to diam(Q) and for one to lie in  $\frac{3}{2}Q$  and the other in  $3Q \setminus 2Q$ .

By rescaling we may assume Q has side length 1, and that  $\Gamma$  hits both Q and  $3Q^c$ . Set  $\beta = \beta_{\Gamma}(2\frac{23}{24}, Q)$ . For any child Q' of Q,  $3Q' \subset 2Q \subset 2\frac{23}{24}Q$ , so  $\beta_{\Gamma}(Q') \leq \beta = \beta_{\Gamma}(2\frac{23}{24}, Q)$ .

Thus the  $\beta$ -numbers for the children of Q are all bounded by  $O(\beta)$ , that we shall show is either  $O(\mu(S(Q, \Gamma)))$  or  $O(\mu(S(Q^*, \Gamma)))$  for some  $Q^* \in \mathcal{D}^*(Q)$ .

Thus finding the two chords in  $\Gamma \cap Q$  will actually bound the  $\beta$  numbers for the children of Q.

Choose  $z \in \Gamma \cap \partial Q$  and define the ball  $B_1 = B(z, \frac{1}{24})$ . Choose  $w \in \Gamma \cap \partial B_1$  so that z and w are connected by a sub-arc  $\gamma_1 \subset \Gamma \cap B_1$ . Let  $S_1 = [z, w]$  be the segment connecting them.

Then  $S_1 \subset 1^2_3 Q$  and any hyperplane that hits  $S_1$  must also hit  $\gamma_1 \subset \Gamma \cap 1^2_3 Q$ . Let  $L_1$  be the line that contains  $S_1$  and let  $W_0 \subset W_1$  be the cylinders of radius  $\beta/1000$  and  $\beta/2$  respectively, both with axis  $L_1$ . Since these radii are less than  $\beta$ , we know  $\Gamma \cap 2\frac{23}{24}Q$  contains a point outside the cylinder  $W_1$ . There are two cases to consider, depending on where this point is.

**Case 1:** Suppose there is a point  $v \in \Gamma \cap \left(2\frac{23}{24}Q \setminus 2\frac{1}{24}Q\right) \setminus W_0$ .



Since  $\Gamma$  is path connected and has diameter  $\geq \operatorname{diam}(Q)$ , v can be connected to a point  $u \in \Gamma$  with  $|u - v| = \frac{1}{24}$  by a sub-arc  $\gamma_2 \subset \Gamma$  that stays inside the ball  $B_2 = B(v, \frac{1}{24})$ . Let  $S_2 = [u, v]$  be the segment connecting these two points and note that any line that hits  $S_2$  also hits  $\gamma_2 \subset \Gamma \cap D_2 \subset 3Q \setminus 2Q$ . Since  $S_2$  has an endpoint outside  $W_0$ , the measure of the set of lines that hits both  $S_1$  and  $S_2$ is  $\gtrsim \beta^2$  by Lemma 1.10. Thus  $\mu(S(Q, \Gamma)) \gtrsim$  as well and the lemma is satisfied with  $Q^* = Q$ .

**Case 2:** Suppose Case 1 does not hold. Then there must be a point  $p \in \Gamma \cap (2\frac{1}{24}Q \setminus W_1)$ . Choose q with  $|p-q| \leq \frac{1}{12}$  that is connected to p by a sub-arc  $\gamma_3 \subset \Gamma \cap B_3$ , where  $B_3 = B(p, \frac{1}{12}) \subset 2\frac{1}{3}Q$ .





Let  $S_3 = [p,q]$ . As before, any line that hits  $S_3$  must also hit  $\gamma_3$ . Choose an element  $Q^* \in \mathcal{D}^*(Q)$  that is the same size as Q and translated by at most  $\frac{1}{3}\ell(Q)$  in each coordinate direction (possibly Q itself) and so that  $B_3 \subset 1\frac{2}{3}Q^*$  (it is easy to check there is at least one such cube  $Q^*$  by considering the projections onto each coordinate).



By Lemma 1.11,  $\Gamma$  must contain a point  $u \in (3Q \cap 3Q^*) \setminus (2Q \cup 2Q^*)$  that is at least distance  $\geq \frac{1}{12}$  from the boundaries of both 2Q and 3Q. Therefore the ball  $B_4 = B(u, \frac{1}{24})$  is inside of  $2\frac{23}{24}Q \setminus 2\frac{1}{24}Q$ . As before, we can find a radius  $S_4$ of  $B_4$  so that any line that hits  $S_4$  also hits a sub-arc  $\gamma_4 \subset \Gamma \cap B_4$ .



Since  $\gamma_4$  lies inside the very thin cylinder  $w_0$ , the line  $L_4$  containing  $S_4$  is almost parallel to  $L_1$  (the axis of  $W_0$ ) and so  $L_4 \cap 3Q$  lies inside a cylinder of radius  $\beta/4$  around  $L_1$ . Since p is outside the larger cylinder  $W_1$  we see that  $S_3$  and  $S_4$ satisfy Lemma 1.10, hence the measure of the set of lines that hit both  $S_4$  and  $S_3$  is  $\gtrsim \beta^2$  by Lemma 1.10. Thus  $\mu(S(Q^*, \Gamma)) \gtrsim \beta^2$ , as desired.  $\Box$ 

This completes the proof of (1.8), and hence of Theorem 1.1:  $\ell(\Gamma) - \operatorname{diam}(\Gamma) \simeq \sum_{Q} \beta^{2}(Q) \operatorname{diam}(Q).$  Next we prove

**Theorem 1.12.** For any Jordan arc  $\Gamma \subset \mathbb{R}^n$ , (1.17)  $\ell(\Gamma) - \operatorname{crd}(\Gamma) \simeq \sum_Q \beta_{\Gamma}^2(Q) \operatorname{diam}(Q),$ 

where the sum is over all dyadic cubes.

As noted earlier, " $\gtrsim$ " is immediate from Theorem 1.1 since  $\operatorname{crd}(\Gamma) \leq \operatorname{diam}(\Gamma)$ .

To prove the other direction, we may assume the  $\beta^2$ -sum in (1.4) is finite, for otherwise there is nothing to prove. Thus we may assume  $\gamma$  is rectifiable. We may also assume diam( $\Gamma$ ) = 1. Let  $Q_0$  be a dyadic cube hitting  $\Gamma$  with  $1 \leq \text{diam}(Q_0) \leq 2$ , hence  $\Gamma \subset 3Q$ .

Suppose  $\beta_0$  is a small positive number (chosen to satisfy various conditions described below). If  $\beta_{\Gamma}(Q_0) > \beta_0$ , then the result is trivially true since then  $\operatorname{crd}(\Gamma) \leq \operatorname{diam}(\Gamma) = 1 \leq \frac{1}{\beta_0^2} \beta_{\Gamma}^2(Q_0) \operatorname{diam}(Q_0) \lesssim \beta_{\Gamma}^2(Q_0) \operatorname{diam}(Q_0)$ , (with constant depending on  $\beta_0$ ) and hence the  $\operatorname{crd}(\Gamma)$  term in (1.4) can be absorbed into the  $\beta^2$ -sum term.

Therefore we may assume  $\beta_{\Gamma}(Q_0) \leq \beta_0$ . Let S = [x, y] be a diameter segment of  $\Gamma$  and let  $\gamma_0$  be the open subarc of  $\Gamma$  connecting x and y. Then  $\Gamma \setminus \gamma_0$  consists of two arcs,  $\gamma_1$  connecting x to an endpoint z (possibly z = x) and  $\gamma_2$  connecting y to the other endpoint w (possibly w = y). By rotating and rescaling, we may assume that x = 1, y = -1 on the  $x_1$ -axis.





Note that

$$\operatorname{crd}(\Gamma) \ge \operatorname{diam}(\Gamma) - \ell(\gamma_1) - \ell(\gamma_2)$$

and hence using Theorem 1.1 we get

$$\ell(\Gamma) - \operatorname{crd}(\Gamma) \leq \ell(\Gamma) - \operatorname{diam}(\Gamma) + \ell(\gamma_1) + \ell(\gamma_2)$$
  
$$\leq O\left(\sum_Q \beta_{\Gamma}^2(Q) \operatorname{diam}(Q)\right) + \ell(\gamma_1) + \ell(\gamma_2).$$

Thus Theorem 1.2 will follow if we can show that both  $\ell(\gamma_1)$  and  $\ell(\gamma_2)$  are bounded by a multiple of the  $\beta^2$ -sum for  $\Gamma$ .

Because of the traveling salesman theorem and the fact that  $\beta_{\gamma_1}(Q), \beta_{\gamma_2}(Q)$ are both at most  $\beta_{\Gamma}(Q)$ , it is enough to bound the diameters of these arcs by the  $\beta_{\Gamma}^2$ -sum; then the diameters can be absorbed into the sum by making the comparability constant larger. The arguments for both arcs are the same, so we only discuss  $\gamma_1$ . Let  $\epsilon = \operatorname{diam}(\gamma_1)$ . Assume  $\epsilon > 0$  (otherwise there is nothing to do). Let  $Q_1, \ldots, Q_k$  be the nested dyadic cubes containing x with diameters going from  $\operatorname{diam}(Q_0)$  to  $\epsilon$ . Note that  $k \simeq \log(\operatorname{diam}(Q_0)/\epsilon)$ . If any one of these cubes satisfies  $\beta_{\Gamma}(Q_j) \geq \beta_0$ , then

$$\operatorname{diam}(\gamma_1) \leq \frac{\beta_{\Gamma(Q_j)}^2}{\beta_0^2} \operatorname{diam}(\gamma_1) \lesssim \beta_{\Gamma(Q_j)}^2 \operatorname{diam}(Q_j),$$

and hence diam $(\gamma_1)$  is dominated by the  $\beta^2$ -sum, as desired.

For the remainder of the proof we may therefore assume that  $\beta_{\Gamma}(Q_j) \leq \beta_0$  for all  $j \in \{0, 1, \dots, k\}$ . Let  $L_j$  be a best line in the definition of  $\beta_{\Gamma}(Q_j)$ . **Case 1:** Assume that for some  $j \in \{1, \ldots, k\}$ , the line  $L_j$  makes an angle larger than  $10\beta_0$  with the  $x_1$ -axis. Since the angle between  $L_0$  and  $L_j$  is bounded by  $O\left(\sum_{i=0}^{j} \beta(Q_i)\right)$ , and we have normalized so that the best line for  $Q_0$  is within  $\beta_0$  of the  $x_1$ -axis, we must have  $\sum_{j=1}^{k} \beta_{\Gamma}(Q_j) \gtrsim \beta_0 \gtrsim 1$ . The Cauchy-Schwarz inequality then implies

$$1 \lesssim \left(\sum_{j=1}^{k} \beta_{\Gamma}(Q_{j})\right)^{2} \leq \left(\sum_{j=1}^{k} \beta_{\Gamma}^{2}(Q_{j})2^{-j}\right) \cdot \left(\sum_{j=1}^{k} 2^{j}\right) \simeq 2^{k} \sum_{j=1}^{k} \beta_{\Gamma}^{2}(Q_{j})2^{-j}$$
  
so  $\sum_{j=1}^{k} \beta_{\Gamma}^{2}(Q_{j})2^{-j} \gtrsim 2^{-k} \gtrsim \epsilon$ , and hence  
 $\epsilon = \operatorname{diam}(\gamma_{1}) \lesssim \sum_{j=1}^{k} \beta_{\Gamma}^{2}(Q_{j})\operatorname{diam}(Q_{j}),$ 

as desired.

**Case 2:** Next we assume that all the lines  $L_j$ , j = 0, ..., k make angle  $\leq 10\beta_0$  with the  $x_1$ -axis. Consider a subarc  $\gamma'_1 \subset \gamma_1$  that is contained in, and connects the boundary components of, the annulus

$$\{p \in \mathbb{R}^2 : \frac{1}{10} \operatorname{diam}(\gamma_1) \le |p - x| \le \frac{1}{5} \operatorname{diam}(\gamma_1)\}.$$

Since  $\gamma_1$  and  $\gamma'_1$  have comparable diameters, it is enough to bound diam $(\gamma'_1)$ .

For each  $p \in \gamma'_1$  a dichotomy holds: either every dyadic cube Q containing p with diam $(Q) \leq \text{diam}(\gamma_1)/10$  satisfies  $\beta_{\Gamma}(Q) \leq \beta_0$  or there is a cube  $Q_p$  of this form such that  $\beta_{\Gamma}(Q_p) > \beta_0$ . Let  $E \subset \gamma'_1$  be the set of points p where such a  $Q_p$  exists. Since we can assume  $\gamma_1$  is rectifiable, almost every point of  $\gamma_1$  is a tangent point.

**Lemma 1.13.** If  $p \in \gamma'_1 \setminus E$  and p is a tangent point of  $\Gamma$ , then p has the following "crossing property": if Q is a dyadic cube containing p with  $\operatorname{diam}(Q) \leq \operatorname{diam}(\gamma_1)/10$  then  $\gamma_1$  must "cross" Q in the sense that the orthogonal projection of  $\gamma_1 \cap 3Q$  onto  $L_Q$  covers  $L_Q \cap Q$ , where  $L_Q$  is a best approximating line for the definition of  $\beta_{\Gamma}(Q)$ . In other words,  $\gamma_1$  must connect the two components of  $W \cap \partial 3Q$  where W is a cylinder of radius 1/10 passing through p.





*Proof.* Note that because p is not in E, that  $\gamma$  has small  $\beta$ -number for Q and for every dyadic subcube of Q that contains p. Using this, we claim we can construct a surface  $\sigma$  so that

- (1)  $\sigma$  cuts 3Q into two pieces,
- (2)  $\sigma$  separates the endpoints of  $\gamma_1 \cap 3Q$ ,
- (3)  $\sigma$  contains p, but no other points of  $\gamma_1$ , and
- (4)  $\sigma \cap 3Q' \setminus Q'$  is nearly orthogonal to  $L_{Q'}$  for each dyadic Q' with  $p \in Q' \subset Q$ .



To do this, choose a (n-1)-sphere of the *n*-sphere of radius  $t = \operatorname{diam}(Q)2^{-n}$ around *p* that is nearly orthogonal to the optimal line  $L_n$  passing through *p* for the definition of  $\beta(p, 2^{-n})$  and then connecting these (n-1)-spheres by a surface (e.g., project both onto the (n-1)-plane  $L_n^{\perp}$  orthogonal to  $L^n$  and connect two points if the projections are on the same ray in  $L_n^{\perp}$ ).



If p is a tangent point of  $\gamma_1$ , then  $\sigma$  has a tangent plane at p that is perpendicular to  $\gamma_1$ 's tangent direction. From this we see that  $\gamma_1$  crosses  $\sigma$ , i.e., it hits both components of  $3Q \setminus \sigma$ . Since  $\gamma_1$  only hits  $\sigma$  once, it must leave 3Q through a different component of  $\partial(3Q) \cap W$  than it entered through. This implies Lemma 1.13.

**Lemma 1.14.**  $\ell(E) = \ell(\gamma'_1)$ .

Proof. If not, then we can choose a non-empty subset  $F \subset \gamma'_1 \setminus E$  that consists entirely of tangent points of  $\gamma$ . Suppose  $p \in F$  and define d to be the distance from p to  $\gamma_0$ . By the assumption that every  $L_j$  is close to horizontal, we know  $d = O(\beta_0 \operatorname{diam}(\gamma_1)) < \operatorname{diam}(\gamma_1)/10$ . Also note that d is positive since p is not on  $\gamma_0$ . Let  $Q_p$  be the dyadic square containing p with diameter  $2d < \operatorname{diam}(Q_p) \leq 4d$ . Because  $\operatorname{diam}(Q_p) \leq \operatorname{diam}(\gamma_1)/10$ , the argument in the previous paragraph applies, and  $\gamma_1$  must cross  $Q_p$  inside a cylinder S of width  $\beta_0 \operatorname{diam}(Q_p)$ .

Moreover, since diam $(Q_p) > 2d$ , the curve  $\gamma_0$  also hits 3Q and hence contains a point q in the same cylinder S, and hence  $\gamma_0$  is at most distance  $\beta_0 \operatorname{diam}(Q_p)$ from  $\gamma_1$ . For  $\beta_0$  small, this value is much smaller than d, giving a contradiction. Thus no such p exists, and hence  $\ell(E) = \ell(\gamma'_1)$ , so Lemma 1.14 holds.  $\Box$  By the nested property of dyadic cubes, we can find a collection  $\{Q_p^j\}$  of cubes as in the definition of E that have disjoint interiors and that covers E. Hence

$$\ell(\gamma'_1) \simeq \ell(E) \leq \sum_j \ell(Q_p^j \cap E) \lesssim \sum_j \left| \operatorname{diam}(Q_p^j) + \sum_{Q \subset Q_p^j} \beta_E^2(Q) \operatorname{diam}(Q) \right|$$

where we have applied (1.2), say with  $\delta = 1$ , to each set  $Q_p^j \cap E$ .

Note that usual formulation of the traveling salesman theorem is to sum over all dyadic cubes in the plane, but if  $E \subset Q$ , then it suffices to sum over all cubes contained in Q (including Q itself) since the  $\beta^2$ -sum over all larger cubes that hit E form a geometric series whose sum is  $O(\beta^2(Q)\operatorname{diam}(Q))$ .

Now we use the traveling salesman theorem and the fact that  $\beta_E \leq \beta_{\Gamma}$ , to show

$$\ell(\gamma_1') \ \lesssim \ \sum_j \ \sum_{Q \subset Q_p^j} \beta_\Gamma^2(Q) \mathrm{diam}(Q),$$

where we have also used  $\beta_{\Gamma}(Q_p^j) \simeq 1$  to absorb the diam $(Q_p^j)$  terms into the  $\beta^2$ -sums. Since this is a  $\beta^2$ -sum over disjoint collections of dyadic cubes, it is dominated by the full  $\beta^2$ -sum, and this completes the proof of Theorem 1.2.

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