



The topological formula in Gauss-Bonnet is great on one hand but if we are looking to understand how the surface is embedded in space it doesn't help at all

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To get at this we can use the Willmore energy.

Why $|H|^2$? We want the quantity to be scale invariant (and \int does not change when we scale the ~~area~~ surface):

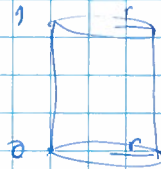
$$W(\lambda S) = W(S) \quad \text{for } \lambda \in (0, \infty)$$

The sphere makes the integral scale invariant

$$H(S(r)) = \frac{1}{r} + \frac{1}{r} = \frac{2}{r}$$

↑ sphere of radius r

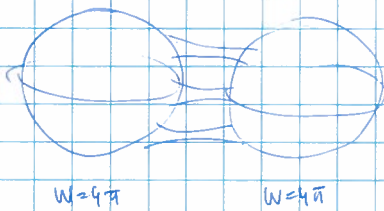
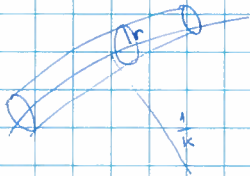
A genus 0 surface with large Willmore energy



$$W(\text{cyl}) = \frac{1}{4} \int_{\text{Cyl}} \frac{1}{r^2} dA$$
$$= \frac{1}{4} \frac{2\pi r}{r^2} = \frac{\pi}{2r}$$

as $r \rightarrow 0$, $W(\text{cyl}_r) \rightarrow \infty$. Capping the cylinder off we get a genus 0 surface.

~~if the cylinders~~



if the cylinders are too long compared with radius otherwise the Willmore energy will blow up.

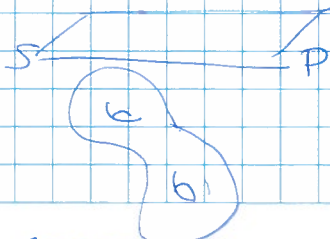
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The example is the stereographic projection of the Lawson minimal surface. The spheres are connected by catenoids.

In Willmore's theorem compactness is essential (a plane has Willmore energy 0)

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for the area formula, if N is a diffeomorphism, is just the change of variable formula.



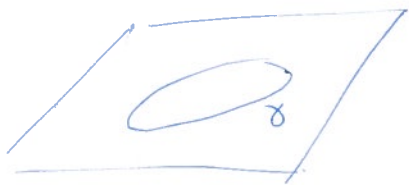
skit with PLV very far and move it until it touches the surface for the first time. If p is this point then $N(p) = v$ and \mathcal{E} in the problem set 3 you saw the Gaussian curvature must be non-negative.

↓ $v = (0, 0, -1)$ want it to be in the image

more the more up

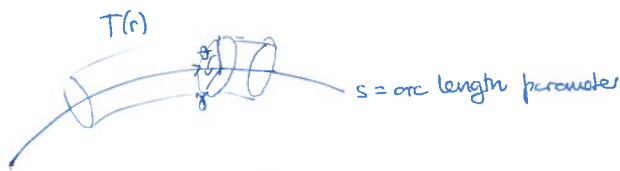
The Fenchel inequality ~~is~~ was what ~~inspired~~ inspired Willmore's result.

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(recall $k = |\ddot{x}(s)|$ where s is arc length)

We'll deduce the inequality from Willmore's theorem but ~~this~~ this is anachronistic.



$$K dA = -k \cos \theta ds d\theta \quad (\text{check})$$

Note that for each s , k will be positive for half the interval $[0, 2\pi]$ and negative in the other half

For the ~~conclusion~~ conclusion in case of equality see do Cerro..

Note: If the curve is not embedded wiggle it a little bit so that it becomes embedded. That will not change $\int k ds$

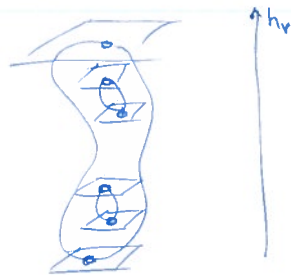
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The proof of (Langer-Rosenberg) uses two sets of ideas.

Chern-Lashof

Fey-Milnor ~~is~~

$v = (0, 0, 1)$, $h_v(x, y, z) = z$ is just the usual height function



$$\int_{S^2} \# \text{crit}(h_v) = \int_{S^2} \# N^+(v) + \int_{S^2} \# N^+(-v) = 2 \int_{S^2} \# N^+(v)$$

They are the same because the antipodal map is an isometry of the sphere

If the torus is not knotted then there are at least 4 critical points.

~~if a curve is knotted~~ if a curve is knotted there are at least 4 critical points



The Milne-Fey theorem can be deduced from Lawson-Rosenberg in the same way as before. But this is again anachronistic

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Conjecture: The surface with the least Willmore energy is the Lawson ~~minimal~~
genus g surface

There is no ~~explicit~~ parametrization for those surfaces that are constructed by
~~explicit~~
solving a Plateau problem and exploiting symmetry.