# CURVATURE INTEGRAL ESTIMATES FOR COMPLETE HYPERSURFACES 

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#### Abstract

We consider the integrals of the $r$-mean curvatures $S_{r}$ of a complete hypersurface $M$ in the space form $\mathcal{Q}_{c}^{n+1}$. Among other results, we prove that $\int_{M} S_{r} d M=\infty$ for a complete properly immersed hypersurfaces in a space form with $S_{r} \geq 0, S_{r} \not \equiv 0$ and $S_{r+1} \equiv 0$ for some $r \leq n-1$.


## 1. Introduction

Let $M^{n}$ be a complete orientable hypersurface immersed in the space form $\mathcal{Q}_{c}^{n+1}$ of constant sectional curvature $c$. We denote by $A$ and $\lambda_{1}, \ldots, \lambda_{n}$ the second fundamental operator and the eigenvalues of $A$, respectively. It is well known that the $r$-mean curvature at a point $p$ is defined by

$$
H_{r}(p)=\frac{1}{\binom{n}{r}} \sum_{i_{1}<\cdots<i_{r}} \lambda_{i_{1}} \cdots \lambda_{i_{r}}=\frac{1}{\binom{n}{r}} S_{r}(p),
$$

where $S_{r}$ is the $r$-symmetric function of $\lambda_{1}, \ldots, \lambda_{n}$, for $1 \leq r \leq n$, and $H_{0}$ is defined to be zero and $H_{r}=0$, for all $r \geq n+1$. In particular, for $r=1$, $H_{1}=H$ is the mean curvature.

We define the $r$-area of a domain $D \subset M$ by

$$
\mathcal{A}_{r}(D)=\int_{D} S_{r}(p) d M
$$

Then, when $r=0, \mathcal{A}_{0}$ is the volume of $D$.

[^0]In this paper, we are interested in $r$-areas estimates. When $r=0$, it is well known that a complete properly immersed minimal hypersurface in $\mathbb{R}^{n+1}$ has, at least, polynomial volume growth. In fact, infinity volume results hold for more general ambient spaces. Precisely, we have the following result of K. Frensel [9].

Theorem ([9], Theorem 1). Let $M^{m}$ be a complete, noncompact manifold and let $x: M^{m} \rightarrow N^{n}$ be an isometric immersion with mean curvature vector field bounded in norm. If $N^{n}$ has sectional curvature bounded from above and injective radius bounded from below by a positive constant, then the volume of $M^{m}$ is infinite.

It is also true that each end of $M$ has infinite volume under the same conditions (see [4]). These estimates have been used in studying the topology and geometric properties of minimal hypersurfaces and hypersurfaces with constant mean curvature (see for example [4], [9], [7]). It is natural to ask the following.

Question. Let $M^{n}$ be a complete noncompact manifold and let $x: M^{n} \rightarrow$ $N^{n+1}$ be an isometric immersion such that there is a positive constant $C$ satisfying

$$
\left|S_{r+1}\right| \leq C S_{r}
$$

for some $r=0,1, \ldots, n-1$. Is the $r$-area of $M^{n}$ infinite?
When $r=n, S_{r+1}=0$, one can find a negative answer to this question. For example, if $M$ is a complete noncompact surface in $\mathbb{R}^{3}$ with positive Gaussian curvature, then the total curvature is finite by a theorem of Cohn-Vossen. When $r<n$ we obtain a $r$-area estimate and give positive answers to this question in some interesting cases.

In order to state our results we need the $r$ th Newton transformation, $P_{r}: T_{p} M \rightarrow T_{p} M$, which is defined inductively by

$$
\begin{aligned}
& P_{0}=I, \\
& P_{r}=S_{r} I-A \circ P_{r-1}, \quad r>1 .
\end{aligned}
$$

THEOREM A (Theorem 2.8). Let $\mathcal{Q}_{c}^{n+1}$ be a Riemannian manifold with constant sectional curvature $c$ and let $M^{n}$ be a complete noncompact properly immersed hypersurface of $\mathcal{Q}_{c}^{n+1}$. Assume that there exists a nonnegative constant $\alpha$ such that

$$
(r+1)\left|S_{r+1}\right| \leq(n-r) \alpha S_{r}
$$

for some $r \leq n-1$. If $P_{r}$ is positive semidefinite, then for any $q \in M$ such that $S_{r}(q) \neq 0$ and any $\mu_{0}>0$ there exists a positive constant $C$ depending on $\mu_{0}, q$ and $M$ such that for every $\mu>\mu_{0}$,

$$
\mathcal{A}_{r}\left(\bar{B}_{\mu}(q) \cap M\right)=\int_{\bar{B}_{\mu}(q) \cap M} S_{r} d M \geq \int_{\mu_{0}}^{\mu} C \mathrm{e}^{-\alpha \tau} d \tau
$$

where $\bar{B}_{\mu}(q)$ is the ball of radius $\mu$ and center $q$ in $\mathcal{Q}_{c}^{n+1}$. For the case $c>0$, we assume $\mu \leq \frac{\pi}{2 \sqrt{c}}$.

As a consequence of this result we obtain the following.
Theorem B (Corollary 2.9). Let $\mathcal{Q}_{c}^{n+1}$ be a Riemannian manifold with constant sectional curvature $c \leq 0$ and let $M^{n}$ be a complete noncompact properly immersed hypersurface of $\mathcal{Q}_{c}^{n+1}$. Assume that $S_{r} \geq 0, S_{r} \not \equiv 0$ and $S_{r+1} \equiv 0$ for some $r \leq n-1$. Then $\int_{M} S_{r} d M=\infty$.

Remark 1.1. The cases when $r$ is even and $r$ is odd are different. If $r$ is odd and $S_{r} \leq 0$, we can change the orientation so that $S_{r} \geq 0$. But when $r$ is even, $S_{r}$ is independent of the choice of orientation. It has been proved by Gromov and Lawson that the existence of a complete metric with nonpositive scalar curvature ( $r=2$ ) implies some topological obstructions, which is called enlargeable (see Corollary A in [11]). Enlargeable manifolds cannot carry metrics of positive scalar curvature.

Topping [18] used Sobolev inequality to get a diameter estimate in terms of the mean curvature integral. In Section 4, using his estimate we get a global estimate of the mean curvature integral.

Theorem C (Theorem 4.1). Let $M^{m}$ be an m-dimensional complete noncompact Riemannian manifold isometrically immersed in $\mathbb{R}^{n}$. Then there exists a positive constant $\delta$ depending on $m$ such that if

$$
\lim \sup _{r \rightarrow+\infty} \frac{V(x, r)}{r^{m}}<\delta,
$$

where $V(x, r)$ denotes the volume of the geodesic ball $B_{r}(x)$, then

$$
\lim \sup _{R \rightarrow+\infty} \frac{\int_{B_{R}(x)}|H|^{m-1} d M}{R}>0
$$

In particular, $\int_{M}|H|^{m-1} d M=+\infty$.
For a complete noncompact surface $M$ with finite total curvature, CohnVossen theorem says that (see Theorem 6 in [6])

$$
\int_{M} K d M \leq 2 \pi \chi(M)
$$

A special case of Corollary 4.3 says that if $\int_{M} K d M=2 \pi \chi(M)$, then $\int_{M}|H| d M=+\infty$.

The rest of the paper is organized as follows. In Section 2, we obtain the formulas relating the distance function and the $r$-mean curvature. The estimate obtained in Section 2 can be improved when $r=0$ and this is proved in Section 3. In Section 4, we give the proof of Theorem C.

## 2. r-area estimate

Let $x: M^{n} \rightarrow N^{n+1}$ be an isometric immersion of a Riemannian manifold $M$ into a Riemannian manifold $N$.

In [15], Reilly showed that $P_{r}$ satisfies the following
Proposition 2.1 ([15], p. 224, see also [2], Lemma 2.1). Let $x: M^{n} \rightarrow$ $N^{n+1}$ be an isometric immersion between two Riemannian manifolds and let $A$ be the second fundamental form of $x$. The rth Newton transformation $P_{r}$ associated to $A$ satisfies:

$$
\begin{align*}
\operatorname{trace}\left(P_{r}\right) & =(n-r) S_{r},  \tag{2.1}\\
\operatorname{trace}\left(A \circ P_{r}\right) & =(r+1) S_{r+1} \tag{2.2}
\end{align*}
$$

For hypersurfaces with bounded mean curvature, the Laplacian of the intrinsic distance to a fixed point of $M$ played an important role in the proof of Frensel's estimate of the volume of $M$. In the case of $H_{r}$ bounded, with $r>1$, we used another second order differential operator defined on $M$, which seems to be natural for this problem. Associated to each Newton transformation $P_{r}$, if $f: M \rightarrow \mathbb{R}$ is a smooth function, we define

$$
L_{r}(f)=\operatorname{trace}\left(P_{r} \circ \operatorname{Hess} f\right)
$$

These operators are, in a certain sense, generalizations of the Laplace operator since $L_{0}(f)=\operatorname{trace}(\operatorname{Hess} f)=\Delta f$. They were introduced by Voss [19] in connection with variational arguments. In general, these operators are not elliptic and some conditions are necessary to ensure the ellipticity. For completeness, we include here some useful facts.

Proposition 2.2 ([8], Lemma 3.10). Let $N^{n+1}$ be an $(n+1)$-dimensional oriented Riemannian manifold and let $M^{n}$ be a connected $n$-dimensional orientable Riemannian manifold. Suppose $x: M \rightarrow N$ is an isometric immersion. If $H_{2}>0$, then the operator $L_{1}$ is elliptic.

Proposition 2.3 ([5], Proposition 3.2). Let $N^{n+1}$ be an ( $n+1$ )-dimensional oriented Riemannian manifold and let $M^{n}$ be a connected $n$-dimensional orientable Riemannian manifold (with or without boundary). Suppose $x: M \rightarrow N$ is an isometric immersion with $H_{r}>0$ for some $1 \leq r \leq n$. If there exists an interior point $p$ of $M$ such that all the principal curvatures at $p$ are nonnegative, then for all $1 \leq j \leq r-1$, the operator $L_{j}$ is elliptic, and the $j$-mean curvature $H_{j}$ is positive.

We need the following proposition which is essentially the content of Lemma 1.1 and equation (1.3) of [12]. We include here with a direct proof.

Proposition 2.4. Let $M^{n} \rightarrow N^{n+1}$ be an isometric immersion. Suppose that $S_{r+1}(p)=0$, for some $r, 0 \leq r<n$. Then $P_{r}$ is semidefinite at $p$.

Proof. Consider $S_{r}=S_{r}\left(\lambda_{1}, \ldots, \lambda_{n}\right)$. Then $\frac{\partial S_{r}}{\partial \lambda_{i}}$ are the eigenvalues of $P_{r}$. Let $\left(\lambda_{1}^{0}, \ldots, \lambda_{n}^{0}\right)$ be the principal curvatures of $M$ at $p$. Hence

$$
S_{r+1}\left(\lambda_{1}^{0}, \ldots, \lambda_{n}^{0}\right)=0
$$

We choose $\epsilon=\min _{\lambda_{i}^{0} \neq 0}\left\{1,\left|\lambda_{i}^{0}\right|\right\}$. Then, for all $\left(\varepsilon_{1}, \ldots, \varepsilon_{n}\right)$ with $\varepsilon_{i} \in(0, \epsilon)$, $S_{r+1}\left(\lambda_{1}^{0}+\varepsilon_{1}, \ldots, \lambda_{n}^{0}+\varepsilon_{n}\right)$ does not change sign. This implies that $\frac{\partial S_{r}}{\partial \lambda_{i}} \geq 0$ for all $i=1, \ldots, n$ or $\frac{\partial S_{r}}{\partial \lambda_{i}} \leq 0$ for all $i=1, \ldots, n$. Thus $P_{r}$ is semidefinite at $p$.

Let $M^{n}$ and $N^{n+1}$ be Riemannian manifolds and let $x: M^{n} \rightarrow N^{n+1}$ be an isometric immersion. Henceforth, we shall tacitly make the usual identification of $X \in T_{p} M$ with $d x_{p}(X)$. In particular, if $F: N \rightarrow \mathbb{R}$ is smooth and we consider the composition $f=F \circ x$, then we have at $p \in M$, for every $X \in$ $T_{p} M$ :

$$
\left\langle\operatorname{grad}_{M} f, X\right\rangle=d f(X)=d F(X)=\left\langle\operatorname{grad}_{N} F, X\right\rangle
$$

where $\operatorname{grad}_{M}$ and $\operatorname{grad}_{N}$ denote the gradient on $M$ and the gradient on $N$, respectively. So that

$$
\begin{equation*}
\operatorname{grad}_{N} F=\operatorname{grad}_{M} f+\left(\operatorname{grad}_{N} F\right)^{\perp} \tag{2.3}
\end{equation*}
$$

where $(\operatorname{grad} F)^{\perp}$ is perpendicular to $T_{p} M$. Let $F: N \rightarrow \mathbb{R}$ be a $C^{2}$ function and denote $f: M \rightarrow \mathbb{R}$ the function induced by $F$ by restriction, that is $f=$ $F \circ x$. We have the following.

LEMMA 2.5. Let $x: M^{n} \rightarrow N^{n+1}$ be an isometric immersion. Let $F: N \rightarrow$ $\mathbb{R}$ a smooth function and consider $f=F \circ x: M \rightarrow \mathbb{R}$. For an orthonormal frame $\left\{e_{i}\right\}$ on $M$, we have

$$
\begin{equation*}
L_{r} f=\sum_{i=1}^{n} \operatorname{Hess}_{N}(F)\left(e_{i}, P_{r}\left(e_{i}\right)\right)+(r+1) S_{r+1}\left\langle\operatorname{grad}_{N} F, \eta\right\rangle \tag{2.4}
\end{equation*}
$$

where $\eta$ denotes the normal vector field of the immersion and $\operatorname{grad}_{N}$ is the gradient of $N$.

Proof. Let $\nabla$ and $\bar{\nabla}$ be the connections of $M$ and $N$, respectively. If $\alpha$ denotes the second fundamental form of the immersion, Gauss' equation and equations (2.2) and (2.3) imply that

$$
\begin{aligned}
L_{r} f & =\sum_{i=1}^{n}\left\langle\nabla_{e_{i}}\left(\operatorname{grad}_{M} f\right), P_{r}\left(e_{i}\right)\right\rangle \\
& =\sum_{i=1}^{n}\left\langle\bar{\nabla}_{e_{i}}\left(\operatorname{grad}_{M} f\right)-\left[\bar{\nabla}_{e_{i}}\left(\operatorname{grad}_{M} f\right)-\nabla_{e_{i}}\left(\operatorname{grad}_{M} f\right)\right], P_{r}\left(e_{i}\right)\right\rangle \\
& =\sum_{i=1}^{n}\left\langle\bar{\nabla}_{e_{i}}\left(\operatorname{grad}_{M} f\right)-\alpha\left(e_{i}, \operatorname{grad}_{M} f\right), P_{r}\left(e_{i}\right)\right\rangle
\end{aligned}
$$

$$
\begin{aligned}
& =\sum_{i=1}^{n}\left\langle\bar{\nabla}_{e_{i}}\left(\operatorname{grad}_{M} f\right), P_{r}\left(e_{i}\right)\right\rangle \\
& =\sum_{i=1}^{n}\left\langle\bar{\nabla}_{e_{i}}\left(\operatorname{grad}_{N} F-\left(\operatorname{grad}_{N} F\right)^{\perp}\right), P_{r}\left(e_{i}\right)\right\rangle \\
& =\sum_{i=1}^{n}\left\langle\bar{\nabla}_{e_{i}} \operatorname{grad}_{N} F, P_{r}\left(e_{i}\right)\right\rangle-\sum_{i=1}^{n}\left\langle\bar{\nabla}_{e_{i}}\left(\operatorname{grad}_{N} F\right)^{\perp}, P_{r}\left(e_{i}\right)\right\rangle \\
& =\sum_{i=1}^{n} \operatorname{Hess}_{N}(F)\left(e_{i}, P_{r}\left(e_{i}\right)\right)-\sum_{i=1}^{n}\left\langle\bar{\nabla}_{e_{i}}\left(\left\langle\operatorname{grad}_{N} F, \eta\right\rangle \eta\right), P_{r}\left(e_{i}\right)\right\rangle \\
& =\sum_{i=1}^{n} \operatorname{Hess}_{N}(F)\left(e_{i}, P_{r}\left(e_{i}\right)\right)-\sum_{i=1}^{n}\left\langle\left\langle\operatorname{grad}_{N} F, \eta\right\rangle \bar{\nabla}_{e_{i}} \eta, P_{r}\left(e_{i}\right)\right\rangle \\
& =\sum_{i=1}^{n} \operatorname{Hess}_{N}(F)\left(e_{i}, P_{r}\left(e_{i}\right)\right)-\left\langle\operatorname{grad}_{N} F, \eta\right\rangle \sum_{i=1}^{n}\left\langle-A\left(e_{i}\right), P_{r}\left(e_{i}\right)\right\rangle \\
& =\sum_{i=1}^{n} \operatorname{Hess}_{N}(F)\left(e_{i}, P_{r}\left(e_{i}\right)\right)+\left\langle\operatorname{grad}_{N} F, \eta\right\rangle \sum_{i=1}^{n}\left\langle e_{i}, A P_{r}\left(e_{i}\right)\right\rangle \\
& =\sum_{i=1}^{n} \operatorname{Hess}_{N}(F)\left(e_{i}, P_{r}\left(e_{i}\right)\right)+\left\langle\operatorname{grad}_{N} F, \eta\right\rangle \operatorname{trace}^{n}\left(A P_{r}\right) \\
& =\sum_{i=1}^{n} \operatorname{Hess}_{N}(F)\left(e_{i}, P_{r}\left(e_{i}\right)\right)+(r+1) S_{r+1}\left\langle\operatorname{grad}{ }_{N} F, \eta\right\rangle .
\end{aligned}
$$

Let $c \in \mathbb{R}$. Define the function:

$$
\theta_{c}(t):=\int_{0}^{t} s_{c}(u) d u
$$

where

$$
s_{c}(t)= \begin{cases}\frac{\sin \sqrt{c} t}{\sqrt{c}}, & \text { if } c>0  \tag{2.5}\\ t, & \text { if } c=0 \\ \frac{\sinh \sqrt{|c|} t}{\sqrt{|c|}}, & \text { if } c<0\end{cases}
$$

Let $\rho$ denotes the distance function to the point $Q$ in $N^{n+1}$, and $F: N^{n+1} \rightarrow \mathbb{R}$ given by $F(p)=\theta_{c}(\rho(p))$. In this case, Lemma 2.5 with $f=F \circ x$ and $F=\theta_{c} \circ \rho$ implies the following corollary.

Corollary 2.6. Let $\mathcal{Q}_{c}^{n+1}$ be a Riemannian manifold with constant sectional curvature $c$. Let $M$ be an immersed hypersurface in $\mathcal{Q}_{c}^{n+1}$. Then, for
all $p \in M$,

$$
\begin{align*}
& L_{r}\left(\theta_{c}(\rho(p))\right)  \tag{2.6}\\
& \quad=(n-r) s_{c}^{\prime}(\rho(p)) S_{r}(p)+(r+1) S_{r+1}(p) s_{c}(\rho(p))\left\langle\operatorname{grad}_{\mathcal{Q}_{c}^{n+1}} \rho(p), \eta\right\rangle
\end{align*}
$$

In particular, when $c=0$,

$$
\frac{1}{2} L_{r}\left(\rho^{2}(p)\right)=(n-r) S_{r}(p)+(r+1) S_{r+1}(p) \rho(p)\left\langle\operatorname{grad}_{\mathcal{Q}_{c}^{n+1}} \rho(p), \eta\right\rangle
$$

Proof. First observe that

$$
\begin{equation*}
\operatorname{Hess}_{\mathcal{Q}_{c}^{n+1}} F(X, Y)=s_{c}^{\prime}(\rho)\langle X, Y\rangle, \tag{2.7}
\end{equation*}
$$

where $X, Y \in T_{x(p)} \mathcal{Q}_{c}^{n+1}$. In fact,

$$
\begin{aligned}
\operatorname{Hess}_{\mathcal{Q}_{c}^{n+1}} F(X, Y)= & \operatorname{Hess}_{\mathcal{Q}_{c}^{n+1}}\left(\theta_{c}(\rho)\right) \\
= & \left\langle\bar{\nabla}_{X} \operatorname{grad}_{\mathcal{Q}_{c}^{n+1}}\left(\theta_{c}(\rho)\right), Y\right\rangle \\
= & \left\langle\bar{\nabla}_{X} s_{c}(\rho) \operatorname{grad}_{\mathcal{Q}_{c}^{n+1}} \rho, Y\right\rangle \\
= & s_{c}(\rho) \operatorname{Hess}_{\mathcal{Q}_{c}^{n+1}} \rho(X, Y) \\
& +s_{c}^{\prime}(\rho)\left\langle\left\langle\operatorname{grad}_{\mathcal{Q}_{c}^{n+1}} \rho, X\right\rangle \operatorname{grad}_{\mathcal{Q}_{c}^{n+1}} \rho, Y\right\rangle .
\end{aligned}
$$

On the other hand, see [1], p. 6,

$$
\begin{aligned}
\operatorname{Hess}_{\mathcal{Q}_{c}^{n+1}} \rho(X, Y) & =\left\langle\bar{\nabla}_{X} \operatorname{grad}_{\mathcal{Q}_{c}^{n+1}} \rho, Y\right\rangle \\
& =\frac{s_{c}^{\prime}(\rho)}{s_{c}(\rho)}\left[\langle X, Y\rangle-\left\langle\operatorname{grad}_{\mathcal{Q}_{c}^{n+1}} \rho, X\right\rangle\left\langle\operatorname{grad}_{\mathcal{Q}_{c}^{n+1}} \rho, Y\right\rangle\right]
\end{aligned}
$$

This concludes the proof of (2.7). Now, by using equation (2.4), we have

$$
\begin{aligned}
L_{r} f & =\sum_{i=1}^{n} s_{c}^{\prime}(\rho)\left\langle e_{i}, P_{r}\left(e_{i}\right)\right\rangle+(r+1) S_{r+1}\left\langle\operatorname{grad}_{\mathcal{Q}_{c}^{n+1}}\left(\theta_{c} \circ \rho\right), \eta\right\rangle \\
& =s_{c}^{\prime}(\rho) \operatorname{trace} P_{r}+(r+1) S_{r+1} s_{c}(\rho)\left\langle\operatorname{grad}_{\mathcal{Q}_{c}^{n+1}} \rho, \eta\right\rangle
\end{aligned}
$$

Finally, by using equation (2.1), we conclude the proof of equation (2.6). The case $c=0$ follows immediately.

It follows from Codazzi equation (see Rosenberg [16], p. 225) that $L_{r}$ is a divergent form operator, that is,

$$
L_{r}(f)=\operatorname{div}_{M}\left(P_{r} \nabla f\right)
$$

for all smooth functions $f: M \rightarrow \mathbb{R}$. Denote by $B_{r}(Q)$ the geodesic ball of $\mathcal{Q}_{c}^{n+1}$ with radius $r$ centered at $Q \in \mathcal{Q}_{c}^{n+1}$, and by $\bar{B}_{r}(Q)$ its closure. We will use the following proposition.

Proposition 2.7. Let $\mathcal{Q}_{c}^{n+1}$ be a Riemannian manifold with constant sectional curvature $c$ and let $x: M^{n} \rightarrow \mathcal{Q}_{c}^{n+1}$ be an isometric immersion. For
$Q \in \mathcal{Q}_{c}^{n+1}$, we denote by $\rho(x)$ the distance to the point $Q \in \mathcal{Q}_{c}^{n+1}$ and $\rho(x(p))$, $p \in M$, its restriction to $M$. If for some $r \leq n-1, S_{r} \geq 0$, then

$$
\begin{align*}
& \int_{\partial D} s_{c}(\rho(q))\left\langle P_{r}\left(\operatorname{grad}_{M} \rho(q)\right), \nu\right\rangle d A  \tag{2.8}\\
& \quad \geq(n-r) \int_{D}\left(s_{c}^{\prime}(\rho(q)) S_{r}(p)-\frac{r+1}{n-r}\left|S_{r+1}(p)\right| s_{c}(\rho(q))\right) d M
\end{align*}
$$

where $q=x(p), D \subset M$ is a bounded domain with nonempty boundary $\partial D$ and $\nu$ is the conormal vector along $\partial D$. In the case $c>0$, we assume that $D \subset \bar{B}_{\frac{\pi}{2 \sqrt{c}}}(Q)$.

Proof. Since $\left|\operatorname{grad}_{\mathcal{Q}_{c}^{n+1}} \rho(x(p))\right| \leq 1$ and $s_{c}^{\prime}(\rho(x(p))) \geq 0$, from (2.6) we have

$$
L_{r}\left(\theta_{c}(\rho(x))\right) \geq(n-r)\left[s_{c}^{\prime}(\rho) S_{r}-\frac{r+1}{n-r}\left|S_{r+1}\right| s_{c}(\rho)\right]
$$

Integrating this inequality, we get

$$
\begin{align*}
& \int_{D} L_{r}\left(\theta_{c}(\rho(x))\right) d M  \tag{2.9}\\
& \quad \geq(n-r) \int_{D}\left[s_{c}^{\prime}(\rho(x)) S_{r}-\frac{r+1}{n-r}\left|S_{r+1}\right| s_{c}(\rho(x))\right] d M .
\end{align*}
$$

On the other hand, we have that

$$
\begin{aligned}
\int_{D} L_{r}\left(\theta_{c}(\rho(x))\right) d M & =\int_{D} \operatorname{div} P_{r}\left(\operatorname{grad}_{M}\left(\theta_{c}(\rho(x(p)))\right)\right) d M \\
& =\int_{D} \operatorname{div}\left(s_{c} \rho(x(p)) P_{r}\left(\operatorname{grad}_{\mathcal{Q}_{c}^{n+1}} \rho\right)^{\top}\right) d M \\
& =\int_{\partial D} s_{c}(\rho(x))\left\langleP _ { r } \left({\left.\left.\left(\operatorname{grad}_{\mathcal{Q}_{c}^{n+1}} \rho\right)^{\top}\right), \nu\right\rangle d A}^{\text {a }}\right.\right. \text {. }
\end{aligned}
$$

where $\nu$ denotes the outward unit normal vector field on $\partial D$. Therefore, if $q=x(p)$,

$$
\begin{aligned}
& \int_{\partial D} s_{c}(\rho(q))\left\langle P_{r}\left(\left(\operatorname{grad}_{\mathcal{Q}_{c}^{n+1}} \rho(q)\right)^{\top}\right), \nu\right\rangle d A \\
& \quad \geq(n-r) \int_{D}\left[s_{c}^{\prime}(\rho(x)) S_{r}-\frac{r+1}{n-r}\left|S_{r+1}\right| s_{c}(\rho(x))\right] d M
\end{aligned}
$$

and the proposition is proved.
We would like to point out that the above proposition is valid for a more general class of domains. For instance, it is valid in the setting of Gauss-Green Theorem (see [10], p. 478). In particular, if we take $D$ to be the intersection of the extrinsic ball with $M$ i.e. $D=\bar{B}_{\mu} \cap M$ in Proposition 2.7, we have the following

THEOREM 2.8. Let $\mathcal{Q}_{c}^{n+1}$ be a Riemannian manifold with constant sectional curvature $c$ and let $M^{n}$ be a complete noncompact properly immersed hypersurface of $\mathcal{Q}_{c}^{n+1}$. Assume that there exists a nonnegative constant $\alpha$ such that

$$
\begin{equation*}
(r+1)\left|S_{r+1}\right| \leq(n-r) \alpha S_{r} \tag{2.10}
\end{equation*}
$$

for some $r \leq n-1$. If $P_{r}$ is positive semidefinite, then for any $q \in M$ such that $S_{r}(q) \neq 0$ and any $\mu_{0}>0$, there exists a positive constant $C$ depending on $\mu_{0}, q$ and $M$ such that for every $\mu>\mu_{0}$,

$$
\mathcal{A}_{r}\left(\bar{B}_{\mu}(q) \cap M\right)=\int_{\bar{B}_{\mu}(q) \cap M} S_{r} d M \geq \int_{\mu_{0}}^{\mu} C \mathrm{e}^{-\alpha \tau} d \tau
$$

where $\bar{B}_{\mu}(q)$ is the ball of radius $\mu$ and center $q$ in $\mathcal{Q}_{c}^{n+1}$. For the case $c>0$, we assume $\mu \leq \frac{\pi}{2 \sqrt{c}}$.

Proof. We use the notation introduced in Proposition 2.7. Take $D_{\tau}=$ $\bar{B}_{\tau}(q) \cap M, \mu \leq 2 \pi / \sqrt{c}$, if $c>0$. Since the immersion is proper, we have that $\partial D_{\tau} \neq \emptyset$, for all $0<\tau<\mu$. Thus, by using (2.10) in equation (2.8), we obtain that

$$
\begin{align*}
& \int_{\partial D_{\mu}} s_{c}(\rho(x))\left\langle P_{r}\left(\operatorname{grad}_{M} \rho\right), \nu\right\rangle d A  \tag{2.11}\\
& \quad \geq(n-r) \int_{D_{\mu}}\left(s_{c}^{\prime}(\rho(x))-\alpha s_{c}(\rho(x))\right) S_{r} d M \\
& =(n-r) \int_{0}^{\mu} \int_{\partial D_{\tau}} \frac{s_{c}^{\prime}(\rho(x))-\alpha s_{c}(\rho(x))}{s_{c}(\rho(x))} \\
& \quad \times s_{c}(\rho(x))\left|\operatorname{grad}_{M} \rho\right|^{-1} S_{r} d A d \tau
\end{align*}
$$

where we have used the co-area formula (see [3], p. 80). Observe that the conormal vector $\nu$ to $\partial D_{\tau}$ is parallel to $\operatorname{grad}_{M} \rho$. This fact together with the fact that $P_{r}$ is positive semidefinite, imply the following:

$$
\left\langle P_{r}\left(\operatorname{grad}_{M} \rho\right), \nu\right\rangle \leq \operatorname{trace}\left(P_{r}\right)\left|\operatorname{grad}_{M} \rho\right|=(n-r) S_{r}\left|\operatorname{grad}_{M} \rho\right| .
$$

Using the above equation and the fact that along $\partial D_{\tau}, \rho(x)=\tau$, we get

$$
\begin{align*}
& \int_{\partial D_{\mu}} s_{c}(\rho(x))\left|\operatorname{grad}_{M} \rho\right| S_{r} d A  \tag{2.12}\\
& \quad \geq \int_{0}^{\mu} \frac{s_{c}^{\prime}(\tau)-\alpha s_{c}(\tau)}{s_{c}(\tau)} \int_{\partial D_{\tau}} s_{c}(\rho(x))\left|\operatorname{grad}_{M} \rho\right|^{-1} S_{r} d A d \tau
\end{align*}
$$

Now we define

$$
\varphi(\tau)=\int_{\partial D_{\tau}} s_{c}(\rho(x))\left|\operatorname{grad}_{M} \rho\right|^{-1} S_{r} d A
$$

Since $\left|\operatorname{grad}_{M} \rho\right| \leq 1$, equation (2.12) implies

$$
\varphi(\mu) \geq \int_{0}^{\mu} \frac{s_{c}^{\prime}(\tau)-\alpha s_{c}(\tau)}{s_{c}(\tau)} \varphi(\tau) d \tau
$$

By writing

$$
\phi(\mu)=\int_{0}^{\mu} \frac{s_{c}^{\prime}(\tau)-\alpha s_{c}(\tau)}{s_{c}(\tau)} \varphi(\tau) d \tau
$$

one finds

$$
\phi^{\prime}(\mu) \geq \frac{s_{c}^{\prime}(\mu)-\alpha s_{c}(\mu)}{s_{c}(\mu)} \phi(\mu)
$$

Thus, by integrating from $\mu_{0}>0$ to $\mu$, the above differential inequality arises

$$
\ln \frac{\phi(\mu)}{\phi\left(\mu_{0}\right)} \geq \ln \left(\frac{s_{c}(\mu)}{s_{c}\left(\mu_{0}\right)}\right)-\alpha(\mu-\varepsilon)=\ln \left(\left(\frac{s_{c}(\mu)}{s_{c}\left(\mu_{0}\right)}\right) \mathrm{e}^{-\alpha\left(\mu-\mu_{0}\right)}\right)
$$

Hence,

$$
\phi(\mu) \geq \frac{\phi\left(\mu_{0}\right)}{s_{c}\left(\mu_{0}\right)} s_{c}(\mu) \mathrm{e}^{-\alpha \mu} .
$$

Define

$$
f(\mu)=\int_{D_{\mu}} S_{r} d M
$$

Again, by the co-area formula, it follows that

$$
f(\mu)=\int_{0}^{\mu}\left(\int_{\partial D_{\tau}}\left|\operatorname{grad}_{M} \rho\right|^{-1} S_{r} d A\right) d \tau
$$

Since

$$
f^{\prime}(\mu)=\int_{\partial D_{\mu}}\left|\operatorname{grad}_{M} \rho\right|^{-1} S_{r} d A=\frac{1}{s_{c}(\mu)} \varphi(\mu) \geq \frac{\phi\left(\mu_{0}\right)}{s_{c}\left(\mu_{0}\right)} \mathrm{e}^{-\alpha \mu}
$$

then for $\mu>\mu_{0}$,

$$
f(\mu) \geq \int_{\mu_{0}}^{\mu} \frac{\phi\left(\mu_{0}\right)}{s_{c}\left(\mu_{0}\right)} \mathrm{e}^{-\alpha \tau} d \tau
$$

Corollary 2.9. Let $\mathcal{Q}_{c}^{n+1}$ be a Riemannian manifold with constant sectional curvature $c \leq 0$ and let $M^{n}$ be a complete noncompact properly immersed hypersurface of $\mathcal{Q}_{c}^{n+1}$. Assume that $S_{r} \geq 0, S_{r} \not \equiv 0$ and $S_{r+1} \equiv 0$ for some $r \leq n-1$. Then $\int_{M} S_{r} d M=\infty$.

Proof. Since the immersion is proper, we have $\partial\left(M \cap \bar{B}_{\mu}(q)\right)$ is nonempty for all $\mu>\mu_{0}$. By using Proposition 2.4, since $S_{r+1}=0$, we have that $P_{r}$ is semidefinite. Now, the condition $S_{r} \geq 0$ implies that $P_{r}$ is positive semidefinite. Therefore, using Theorem 2.8, with $\alpha=0$, for all $\mu>\mu_{0}$,

$$
\int_{\bar{B}_{\mu} \cap M} S_{r} d M \geq \int_{\mu_{0}}^{\mu} C \mathrm{e}^{-\alpha \tau} d \tau=C\left(\mu-\mu_{0}\right)
$$

Then

$$
\int_{M} S_{r} d M=\infty
$$

REmARK 2.10. When $r$ is odd, the condition $S_{r} \geq 0$ can be obtained by choosing the right orientation.

The condition of semi-positiveness of $P_{2}$ is satisfied when $M$ is a hypersurface immersed in $\mathbb{R}^{n+1}$ with $S_{3}=0$ (which is called 2-minimal) and $S_{2}>0$. In fact, in this case $P_{2}$ is positive definite, since $L_{2}$ is elliptic (see Proposition 2.2). So we have

Corollary 2.11. Let $M^{n}$ be a complete 2-minimal noncompact properly immersed hypersurface of $\mathbb{R}^{n+1}$ with nonnegative scalar curvature. Then either the scalar curvature is zero or the total scalar curvature is infinite.

Remark 2.12. When $n=3$ the corollary can be proved by using Theorem III in [13] without the assumption that the immersion is proper. In this case, $M^{n}$ has to be a cylinder and the conclusion of the above corollary follows immediately.

REmARK 2.13. The condition of semi-positiveness of $P_{r}$ is also satisfied when $M$ is a hypersurface in $\mathbb{R}^{n+1}$ with nonnegative sectional or positive Ricci curvature, $\operatorname{Ric}_{M}>0$. Indeed when $\operatorname{Ric}_{M}>0$, for each point in $M$, the principal curvatures can be arranged as $\lambda_{1} \leq \lambda_{2} \leq \cdots \leq \lambda_{i}<0<\lambda_{i+1} \leq \cdots \leq$ $\lambda_{n}$. The positivity of the Ricci curvature implies

$$
\operatorname{Ric}_{M}\left(e_{j}\right)=\lambda_{j}\left(\sum_{k \neq j} \lambda_{k}\right)>0 \quad \forall j=1, \ldots, n
$$

If $i \in\{1, \ldots, n-1\}$, it follows from the above equation that

$$
\begin{equation*}
\sum_{k \neq j} \lambda_{k}<0, \quad \text { when } j \leq i \tag{2.13}
\end{equation*}
$$

and

$$
\begin{equation*}
\sum_{k \neq j} \lambda_{k}>0, \quad \text { when } j>i \tag{2.14}
\end{equation*}
$$

From (2.13), we have for $j_{1} \leq i$,

$$
\sum_{k \neq j_{1}} \lambda_{k}=\left(\sum_{k=1}^{i} \lambda_{k}-\lambda_{j_{1}}\right)+\sum_{k=i+1}^{n} \lambda_{k}<0 .
$$

Thus

$$
-\sum_{k=1}^{i} \lambda_{k}>\sum_{k=1}^{i} \lambda_{k}+\lambda_{j_{1}}>\sum_{k=i+1}^{n} \lambda_{k}
$$

On the other hand, using (2.14), for $j_{2}>i$, we find

$$
\sum_{k \neq j_{2}} \lambda_{k}=\left(\sum_{k=1}^{i} \lambda_{k}-\lambda_{j_{2}}\right)+\sum_{k=i+1}^{n} \lambda_{k}>0
$$

hence

$$
-\sum_{k=1}^{i} \lambda_{k}<\sum_{k=1}^{i} \lambda_{k}+\lambda_{j_{1}}<\sum_{k=i+1}^{n} \lambda_{k}
$$

which is a contradiction. Thus, all $\lambda_{i}$ has the same sign (we are indebted to F. Fontenele for this observation). So we can choose an orientation such that $P_{r}$ is positive definite and $S_{r}>0$.

Thus we have the following consequence.
Corollary 2.14. Let $M^{n}$ be a complete noncompact properly immersed hypersurface of $\mathbb{R}^{n+1}$ with positive Ricci curvature. Assume that there exists a positive constant $\alpha$ such that

$$
(r+1)\left|S_{r+1}\right| \leq(n-r) \alpha S_{r}
$$

for some $r \leq n-1$. Then, for any $q \in M$ and any $\mu_{0}>0$, there exists a positive constant $C$ depending on $\mu_{0}, Q$ and $M$ such that

$$
\int_{\bar{B}_{\mu}(q) \cap M} S_{r} d M \geq \int_{\mu_{0}}^{\mu} C \mathrm{e}^{-\alpha \tau} d \tau,
$$

where $\bar{B}_{\mu}(q)$ is the geodesic ball in $\mathbb{R}^{n+1}$ centered at $q$.
The following is a direct consequence of Theorem 2.8 and Proposition 2.3.
Corollary 2.15. Let $M^{n}$ be a complete noncompact properly immersed hypersurface of $\mathcal{Q}_{c}^{n+1}$. Assume that $S_{r}$ is positive and there exists a positive constant $\alpha$ such that

$$
(r+1)\left|S_{r+1}\right| \leq(n-r) \alpha S_{r}
$$

for some $r \leq n-1$. If there exists a point such that all principal curvatures are nonnegative, then, for any $q \in M$ and any $\mu_{0}>0$, there exists a positive constant $C$ depending on $\mu_{0}, q$ and $M$ such that

$$
\int_{\bar{B}_{\mu}(q) \cap M} S_{r} d M \geq \int_{\mu_{0}}^{\mu} C \mathrm{e}^{-\alpha \tau} d \tau,
$$

where $\bar{B}_{\mu}(q)$ is the geodesic ball in $\mathcal{Q}_{c}^{n+1}$ centered at $q$. For the case $c>0$, we assume $\mu \leq \frac{\pi}{2 \sqrt{c}}$.

## 3. Volume estimates in general manifolds

In this section we consider $N^{n+p}$ a Riemannian manifold with sectional curvature bounded from above by a constant $c$. Let $M^{n}$ be a submanifold isometrically immersed in $N=N^{n+p}$.

Let $F: N \rightarrow \mathbb{R}$ be a $C^{2}$ function and denote $f: M \rightarrow \mathbb{R}$ the function induced by $F$ by restriction. Essentially, following the steps involved in the proof of Lemma 2.5, we obtain

$$
\Delta f=\sum_{i=1}^{n} \operatorname{Hess}_{N} F\left(e_{i}, e_{i}\right)+n\left\langle\operatorname{grad}_{N} F, \mathbf{H}\right\rangle,
$$

where $\left\{e_{1}, e_{2}, \ldots, e_{n}\right\}$ is an orthonormal frame along $M$ and $\mathbf{H}$ is the mean curvature vector. Similar to Proposition 2.7, we have

Proposition 3.1. Let $N$ be a Riemannian manifold with sectional curvature bounded from above by a constant $c$ and $M^{n}$ an immersed connected submanifold of $N$. We denote by $\bar{\rho}(x)$ the distance in $N$ between $x$ and $Q \in N^{n+p}$ and $\rho(x)$ the induced function of $\bar{\rho}$ by restriction. Then

$$
\begin{equation*}
\int_{\partial D} s_{c}(\rho(x))\left\langle\operatorname{grad}_{M} \rho, \nu\right\rangle d A \geq n \int_{D}\left(s_{c}^{\prime}(\rho(x))-|\mathbf{H}| s_{c}(\rho(x))\right) d M \tag{3.1}
\end{equation*}
$$

where $q=x(p), D \subset M$ is a bounded domain with nonempty boundary $\partial D$ and $D \cap C_{N}(Q)=\emptyset$, where $C_{N}(Q)$ is the cut locus of the point $Q$ in $N$, and $\nu$ is the conormal vector along $\partial D$.

Proof. Let $V=s_{c}(\bar{\rho}) \operatorname{grad}_{N} \bar{\rho}$ and $V^{\top}$ the orthogonal projection of $V$ into the tangent space of $M$. Then we have $V^{\top}=s_{c}(\rho) \operatorname{grad}_{M} \rho$, where $\rho(x)$ is the induced function of $\bar{\rho}$ to $M$ by restriction. Thus, Lemma 2.5 of [14], p. 713, implies, when $\bar{\rho}<\operatorname{inj}_{N}(Q)$,

$$
\begin{equation*}
\operatorname{Hess}_{N} F(X, X) \geq s_{c}^{\prime}(\bar{\rho})\langle X, X\rangle \tag{3.2}
\end{equation*}
$$

Then

$$
\left\langle\bar{\nabla}_{e_{i}} V, e_{i}\right\rangle \geq s_{c}^{\prime}(\bar{\rho})
$$

for all $\bar{\rho}$ when $c \leq 0$, and $\rho \leq \frac{\pi}{\sqrt{c}}$, when $c>0$. We find that

$$
\Delta\left(\theta_{c}(\rho(x))\right) \geq n\left[s_{c}^{\prime}(\rho)-s_{c}(\rho)|\mathbf{H}|\right]
$$

Integrating this inequality and applying Stokes' formula, we get

$$
\int_{\partial D} s_{c}\left\langle\left(\operatorname{grad}_{N} \bar{\rho}\right)^{\top}, \nu\right\rangle d A \geq n \int_{D}\left[s_{c}^{\prime}(\rho(x))-s_{c}(\rho(x))|\mathbf{H}|\right] d M
$$

and the proposition follows.
Similar to Proposition 2.7, the above result is valid in a more general setting, such as extrinsic geodesic balls. Using this fact, we arrive at

ThEOREM 3.2. Let $M$ be a Riemannian manifold isometrically immersed in a geodesic ball $\bar{B}\left(O, \rho_{0}\right) \subset N^{n+p}$ with codimension $p$. Assume that the sectional curvature of $N$ in $\bar{B}\left(O, \rho_{0}\right)$ is bounded from above by c and moreover that there exists a positive constant $\alpha$ such that

$$
|\mathbf{H}| \leq \alpha .
$$

Then

$$
\operatorname{vol}\left(B_{\mu}(q)\right) \geq n \omega_{n} \int_{0}^{\mu} s_{c}(t)^{n-1} \mathrm{e}^{-n \alpha s} d t
$$

where $\omega_{n}$ is the volume of the unit ball in $\mathbb{R}^{n}$ and $B_{\mu}(q)$ is the intrinsic geodesic ball in $M$ with center $q \in M$ and radius $\mu<\operatorname{inj}_{N}(q)$.

Proof. By taking $D=B_{\tau}(q)$ in Proposition 3.1, we obtain

$$
\left\langle\operatorname{grad}_{M} \rho, \nu\right\rangle \leq\left|\operatorname{grad}_{M} \rho\right| .
$$

Thus,

$$
\begin{align*}
& \int_{\partial B_{\tau}(q)} \frac{s_{c}(\rho(x))}{n}\left|\operatorname{grad}_{M} \rho\right| d A  \tag{3.3}\\
& \quad \geq \int_{B_{\tau}(q)}\left(s_{c}^{\prime}(\rho(x))-\alpha s_{c}(\rho(x))\right) d M \\
& \quad=\int_{0}^{\mu} \int_{\partial B_{\tau}(q)} \frac{s_{c}^{\prime}(\rho(x))-\alpha s_{c}(\rho(x))}{s_{c}(\rho(x))} s_{c}(\rho(x))\left|\operatorname{grad}_{M} \rho\right|^{-1} d A d \tau
\end{align*}
$$

where we have used the co-area formula (see [3], p. 80). Since the intrinsic distance is not less than the extrinsic one and

$$
\left(\frac{s_{c}^{\prime}}{s_{c}}\right)^{\prime} \leq 0
$$

then

$$
\begin{align*}
& \frac{1}{n} \int_{\partial B_{\mu}(q)} s_{c}(\rho(x))\left|\operatorname{grad}_{M} \rho\right| d A  \tag{3.4}\\
& \quad \geq \int_{0}^{\mu} \frac{s_{c}^{\prime}(\tau)-\alpha s_{c}(\tau)}{s_{c}(\tau)} \int_{\partial B_{\tau}(q)} s_{c}(\rho(x))\left|\operatorname{grad}_{M} \rho\right|^{-1} d A d \tau
\end{align*}
$$

Now we define

$$
\varphi(\tau)=\int_{\partial B_{\tau}(q)} s_{c}(\rho(x))\left|\operatorname{grad}_{M} \rho\right|^{-1} d A
$$

Equation (3.4) implies that

$$
\frac{1}{n} \varphi(\mu) \geq \int_{0}^{\mu} \frac{s_{c}^{\prime}(\tau)-\alpha s_{c}(\tau)}{s_{c}(\tau)} \varphi(\tau) d \tau
$$

By writing

$$
\phi(\mu)=\int_{0}^{\mu} \frac{s_{c}^{\prime}(\tau)-\alpha s_{c}(\tau)}{s_{c}(\tau)} \varphi(\tau) d \tau
$$

we have

$$
\phi^{\prime}(\mu) \geq \frac{n\left(s_{c}^{\prime}(\mu)-\alpha s_{c}(\mu)\right)}{s_{c}(\mu)} \phi(\mu) .
$$

Thus, by integrating from $\varepsilon>0$ to $\mu$, with $\mu \leq \min \left\{\operatorname{inj}_{N}(q), \frac{\pi}{2 \sqrt{c}}\right\}$ when $c>0$, the above differential inequality arises

$$
\frac{1}{n} \ln \frac{\phi(\mu)}{\phi(\varepsilon)} \geq \ln \left(\frac{s_{c}(\mu)}{\varepsilon}\right)-\alpha(\mu-\varepsilon)=\ln \left[\left(\frac{s_{c}(\mu)}{\varepsilon}\right) \mathrm{e}^{-\alpha(\mu-\varepsilon)}\right]
$$

Hence,

$$
\begin{equation*}
\frac{\phi(\mu)}{\phi(\varepsilon)} \geq\left[\left(\frac{s_{c}(\mu)}{\varepsilon}\right) \mathrm{e}^{-\alpha(\mu-\varepsilon)}\right]^{n} \tag{3.5}
\end{equation*}
$$

Observe that by the mean value theorem,

$$
\lim _{\varepsilon \rightarrow 0} \frac{\phi(\varepsilon)}{\varepsilon^{n}}=\omega_{n} .
$$

Then

$$
\phi(\mu) \geq \omega_{n} s_{c}(\mu)^{n} \mathrm{e}^{-n \alpha \mu}
$$

Now, define

$$
f(\mu)=\int_{B_{\mu}(q)} d M=\operatorname{vol}\left(B_{\mu}(q)\right)
$$

Again, by the co-area formula, we can write $f(\mu)$ as

$$
f(\mu)=\int_{0}^{\mu}\left(\int_{\partial B_{\tau}(q)}\left|\operatorname{grad}_{M} \rho\right|^{-1} d A\right) d \tau
$$

Hence

$$
f^{\prime}(\mu)=\int_{\partial B_{\mu}(q)}\left|\operatorname{grad}_{M} \rho\right|^{-1} d A
$$

This equality together with $\left|\operatorname{grad}_{M} \rho\right| \leq 1$, and equation (3.3) imply that

$$
\frac{s_{c}(\mu)}{n} f^{\prime}(\mu) \geq \int_{\partial B_{\mu}(q)} \frac{s_{c}(\rho(x))}{n}\left|\operatorname{grad}_{M} \rho\right| d A \geq \int_{0}^{\mu}\left(s_{c}^{\prime}(\tau)-\alpha s_{c}(\tau)\right) f^{\prime}(\tau) d \tau
$$

Since

$$
f^{\prime}(\mu) \geq \frac{\varphi(\mu)}{s_{c}(\mu)}
$$

then

$$
f(\mu) \geq \int_{0}^{\mu} \omega_{n} n s_{c}(\tau)^{n-1} \mathrm{e}^{-n \alpha \tau} d \tau
$$

which concludes the proof.
The following corollary follows immediately.

Corollary 3.3. (i) Let $M^{n}$ be an immersed minimal hypersurface of the Euclidean space $\mathbb{R}^{n+p}$. Then

$$
\operatorname{vol}\left(B_{\mu}(q)\right) \geq \omega_{n} \mu^{n}
$$

where $\omega_{n}$ is the volume of the unit ball in $\mathbb{R}^{n}$ and $B_{\mu}(q)$ is the intrinsic geodesic ball in $M$ centered at $q \in M$.
(ii) Let $M^{n}$ be an immersed hypersurface of the hyperbolic space $\mathbb{H}^{n+p}(-1)$. Assume that there exists a positive constant $\alpha$ such that

$$
|H| \leq \alpha<\frac{n-1}{n}
$$

Then, there exists a constant $C>0$ so that, for $\mu \geq 1$,

$$
\operatorname{vol}\left(B_{\mu}(q)\right) \geq C e^{(n-1-n \alpha) \mu}
$$

where $B_{\mu}(q)$ is the intrinsic geodesic ball in $M$ with center $q \in M$.

## 4. Mean curvature integral

In this section, inspired by a recent work of Topping [18], we prove a type of mean curvature integral estimate for complete submanifold in a Euclidean space $\mathbb{R}^{n}$ and we apply it to surfaces in $\mathbb{R}^{n}$.

Theorem 4.1. Let $M^{m}$ be a m-dimensional complete noncompact Riemannian manifold isometrically immersed in $\mathbb{R}^{n}$. Then there exists a positive constant $\delta$ depending on $m$ such that if

$$
\begin{equation*}
\lim \sup _{r \rightarrow+\infty} \frac{V(x, r)}{r^{m}}<\delta, \tag{4.1}
\end{equation*}
$$

where $V(x, r)$ denotes the volume of the geodesic ball $B_{r}(x)$, then

$$
\begin{equation*}
\lim \sup _{R \rightarrow+\infty} \frac{\int_{B_{R}(x)}|H|^{m-1} d M}{R}>0 \tag{4.2}
\end{equation*}
$$

In particular, $\int_{M}|H|^{m-1} d M=+\infty$.
We need the following lemma of Topping [18].
Lemma 4.2 ([18], Lemma 1.2). Let $M^{m}$ be a m-dimensional complete Riemannian manifold isometrically immersed in $\mathbb{R}^{n}$. Then a positive constant $\delta$ depending on $m$ exists, such that for any $x \in M$ and $R>0$, at least one of the following statements is true:
(i) $\sup _{r \in(0, R]} r^{-\frac{1}{m-1}}[V(x, r)]^{-\frac{m-2}{m-1}} \int_{B(x, r)}|H|^{m-1} d M>\delta$,
(ii) $\inf _{r \in(0, R]} \frac{V(x, r)}{r^{m}}>\delta$.

Proof of Theorem 4.1. We can choose $L$ large enough so that $V(z, L) \leq$ $\delta L^{m}$ for all $z \in M$. Then, from Lemma 4.2, we have

$$
\sup _{r \in(0, L]} r^{-\frac{1}{m-1}}[V(z, r)]^{-\frac{m-2}{m-1}} \int_{B_{r}(z)}|H|^{m-1} d M>\delta
$$

Since

$$
\int_{B_{r}(z)}|H| d M \leq\left(\int_{B_{r}(z)}|H|^{m-1} d M\right)^{\frac{1}{m-1}} \cdot(V(z, r))^{\frac{m-2}{m-1}}
$$

for any $z \in M$, there exists a $r(z) \in(0, R]$ such that

$$
\int_{B_{r}(z)}|H|^{m-1} d M>\delta^{m-1} r(z)
$$

Fix a point $o \in M$, and let $\gamma:[0,+\infty) \rightarrow M$ be a ray parametrized by an arclength with $\gamma(0)=o$. For any fixed $R>0$,

$$
\gamma([0, R]) \subset \bigcup_{t \in[0, R]} B_{r(\gamma(t))}(\gamma(t)) .
$$

From a covering argument used in Theorem 1.1 of [18], we can find an at most countable sequence $t_{1}, t_{2}, \ldots, t_{q}, \ldots \in[0, R]$ such that $\sum_{i} r\left(\gamma\left(t_{i}\right)\right) \geq \frac{1}{4} R$. Thus, when $i \neq j$,

$$
B_{r\left(\gamma\left(t_{i}\right)\right)}\left(\gamma\left(t_{i}\right)\right) \cap B_{r\left(\gamma\left(t_{j}\right)\right)}\left(\gamma\left(t_{j}\right)\right)=\emptyset
$$

Then

$$
\begin{aligned}
\int_{B_{2 R}(o)}|H|^{m-1} d M & \geq \sum_{i} \int_{B_{r\left(\gamma\left(t_{i}\right)\right)}\left(\gamma\left(t_{i}\right)\right)}|H|^{m-1} d M \\
& \geq \delta^{m-1} \sum_{i} r\left(\gamma\left(t_{i}\right)\right) \\
& \geq \delta^{m-1} \frac{1}{4} R .
\end{aligned}
$$

And the result is proved.
For complete surfaces in $\mathbb{R}^{n}$ that satisfy the Gauss-Bonnet relation, we obtain the following result.

Corollary 4.3. Let $\delta$ be as in Theorem 4.1. If $M$ is a complete noncompact surface in $\mathbb{R}^{n}$ satisfying

$$
\begin{equation*}
2 \pi \chi(M)-\int_{M} K d M<2 \delta \tag{4.3}
\end{equation*}
$$

where $\chi(M)$ is the Euler characteristic of $M$, then

$$
\int_{M}|H| d M=+\infty
$$

Proof. From Theorem A of Shiohama [17], for any $q \in M$, we find that

$$
\lim _{r \rightarrow \infty} \frac{2 V\left(B_{r}(q)\right)}{r^{2}}=2 \pi \chi(M)-\int_{M} K d M
$$

It should be noted here that there is a misprint in the denominator of this expression in Shiohama's paper. So,

$$
\lim _{r \rightarrow \infty} \frac{V\left(B_{r}(q)\right.}{\pi r^{2}}<\delta
$$

Thus, Theorem 4.1 implies the result.
Remark 4.4. The flat plane embedded in $\mathbb{R}^{n}$ shows that the condition (4.3) is necessary.

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