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# V. D. Milman <br> Geometrical inequalities and mixed volumes in the local theory of Banach spaces 

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GEOMETRICAL INEQUALITIES AND MIXED VOLUMES IN THE LOCAL THEORY OF BANACH SPACES

## V.D. Milman

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## 1. INTRODUCTION

In this paper we are studying finite dimensional linear normed space (so called Local Theory of Banach spaces). Since every such space is uniquely defined by some central symmetric compact convex body, that is its unit ball, our investigation is actually about this geometrical object. Therefore, in this paper we advocate to combine known analytical and combinatorial approaches in Local Theory with a pure geometrical classical study of convex bodies and the deep theory of geometrical inequalities. This is the main purpose of the paper.

However we must remember that a unit ball as a geometrical object is defined only up to affine transforms and that questions which arise are related to a linear structure of a space. These problems usually involve a description of some standard simple subspaces and projections on them. In this short introduction I will recall some known results especially those related to the main stream of our discussion.
1.1 Let $X$ and $Y$ be n-dimensional normed linear spaces. The distance (Banach-Mazur distance) $d(X, Y)=\inf \left\{\|T\| \cdot\left\|T^{-1}\right\|\right.$ over all linear isomorphism $T: X \rightarrow Y\}$. Obviously $d(X, Y) \geqslant 1$ while $d(X, Y) \leqslant 1+\varepsilon$ means that $X$ and $Y$ are isometrically close (we say $(1+\varepsilon)$-isomorphic). In the geometrical language this means that two unit balls $K(X)=\{x \in X:\|x\| \leqslant 1\}$ and $K(Y)$ may be put by an affine transform (say $\varphi: Y \rightarrow X$ ) in the same linear space (say $X$ ) in a position

$$
K(X) \subset \varphi(K(Y)) \subset d(X, Y) K(X) \subset(1+\varepsilon) K(X) .
$$

So after such an affine transform - two geometrical bodies $K(X)$ and $K(Y)$ become close in a geometrical sense.

We introduce the family of $n$-dimensional spaces which plays a special role in Local Theory, the so called $\ell_{p}$-spaces (for $1 \leqslant p \leqslant \infty$ ).
$\ell_{p}^{n}$ is a linear $n$-dimensional space $x$ with the norm for $p<\infty:\left\|\left(a_{i}\right)_{i=1}^{n}\right\|_{p}=$ $-\left(\sum_{i=1}^{n}\left|a_{i}\right|^{p}\right)^{1 / p}\left(\left(a_{i}\right)_{1}^{n}=x \in X\right)$ and for $p=\infty: \|\left(a_{i}\right)_{1}^{n}| |_{\infty}=\max _{1 \leqslant i \leqslant n}\left|a_{i}\right|$. 1.2 It is well known (F.John, 1948) that $d\left(X, \ell_{2}^{n}\right) \leqslant \sqrt{n}$ and if $d\left(X, \ell_{2}^{n}\right)$ is close to that extremal case, that is $d\left(X, l_{2}^{n}\right) \geqslant c \sqrt{n}$ (for some fixed constant $c>0$ and $n$ large enough) then ([M.-W.]; see also [L] ) $X$ contains a subspace $E$, $\operatorname{dimE}=k$, such that i) $d\left(E, \ell_{1}^{k}\right) \leqslant 1+\varepsilon$ and ii) $k \geqslant(\ell n n)^{\alpha(c ; \varepsilon)}$ where $\alpha(c ; \varepsilon)>0$ is some number depending only on $c$ and $\varepsilon>0$.
1.3 DVORETZKY THEOREM (real case [D] a new proof which covers also the complex case [M]).
a) For any $\varepsilon>0$ and integer $k$ there exists $N(k ; \varepsilon)$ such that for each integer $n \geqslant N(k ; \varepsilon)$ every $n$-dimensional normed space $X_{n}$ contains a subspace $\mathrm{E}_{\mathrm{k}}\left(\operatorname{dim} \mathrm{E}_{\mathrm{k}}=\mathrm{k}\right),(1+\varepsilon)$-isomorphic to an Euciidean space.
b) [M] The above number $N(k ; \varepsilon)$ is bounded by the number $\exp \{c(\varepsilon) k\}$ where $c(\varepsilon)>0$ depends only on $\varepsilon>0$ and this estimate $i$ s exact: for the space $l_{\infty}^{n}$ the above number $N(k ; \varepsilon) \geqslant \exp (c k \ell n 1 / \varepsilon)$ for some absolute constant $c$.
(We advise to pay attention to a geometrical interpretation of both results 1.2 and 1.3 , which states an existence of special central symmetric sections of a symmetric compact body).

The logarithmic estimate in 1.3 . being precise in a general case can be improved significantly in most cases. We give a few examples of such an improvement. Let $X$ be an $n$-dimensional normed space and $X *$ be its dual. We denote $d\left(X, l_{2}^{n}\right)=d_{n}, k=k(X ; \varepsilon)$ being the largest integer such that $X$ contains an $(1+\varepsilon)$-isomorphic copy of a $k$-dimensional Euclidean space $\ell_{2}^{k}$. Standardly, by the same letter $c$ we will denote different absolute constants.
1.4 THEOREM [M]: a) $k\left(X_{n}, \varepsilon\right) \geqslant c(\varepsilon) n / d_{n}^{2}$ where $c(\varepsilon) \geqslant c \varepsilon^{2} / \ell n 1 / \varepsilon$.
b) Important remark : If a family of spaces $\left\{\mathrm{X}_{\mathrm{n}}\right\}$ has a uniformly bounded distance from $\ell_{2}^{n}\left(d_{n} \leqslant K\right)$, then $k\left(X_{n}, \varepsilon\right)$ is proportional to $n$; by this reason we shall estimate only $k\left(X_{n}, 1\right)$ which will simply be defined as $k\left(X_{n}\right)$.
1.5 THEOREM [FLM]: a) $k\left(X_{n}\right) \cdot k\left(X_{n}^{*}\right) \geqslant c n^{2} / d_{n}^{2 \geqslant c} \cdot n$ (because, by i.2, $d_{n} \leqslant \sqrt{n}$ ).

In comparison with 1.4 it means that either $\mathrm{k}\left(\mathrm{X}_{\mathrm{n}}\right)$ or $\mathrm{k}\left(\mathrm{X}_{\mathrm{n}}^{*}\right)$ is at least $\mathrm{cn} / \mathrm{d}_{\mathrm{n}}$.
b) There exists a function $k=k(n ; \alpha)$ where $k$ and $n$ are integers and $\alpha>0$ and $k(n ; \alpha) \rightarrow \infty$ if $n \rightarrow \infty$ and $\alpha \rightarrow 0$ such that for every $X_{n}$ - $n$-dimensional
normed space either $k\left(X_{n}\right) \geqslant \mathrm{cn}^{\alpha}$ or $X_{n}$ contains a 2-isomorphic copy of $\ell_{\infty}^{k}$ for $k=k(n ; \alpha)$.
Note that a function $k(n ; \alpha)$ may be precisely estimated using [A1.-M.].
$1.6 \quad \ell_{\mathrm{p}}-$ Spaces $\quad$ a) for $1 \leqslant \mathrm{p}<2: \mathrm{k}\left(\ell_{\mathrm{p}}^{\mathrm{n}}\right) \geqslant \mathrm{cn}$ [FLM]
b) moreover, the space $l_{1}^{n}$ contains for every $\mathbf{1}<p \leqslant 2 \quad(1+\varepsilon)$-isomorphic copy of $e_{p}^{k}$ for $k \geqslant c(\varepsilon) n$ where $c(\varepsilon)$ depends only on $\varepsilon>0\left([J,-S c h] ;\left[P_{1}\right]\right)$.
c) Krivine Theorem [K] (the special case). Fixed $\mathrm{p}, 1 \leqslant \mathrm{p} \leqslant \infty$. For every $\mathrm{T}>1$ $\varepsilon>0$ and an integer $k$ there exists an integer $N(T ; k ; \varepsilon)$ such that for every $\mathrm{n}>\mathrm{N}$ and n -dimensional normed space $\mathrm{X}_{\mathrm{n}}$ with $\mathrm{d}\left(\mathrm{X}_{\mathrm{n}}, \ell_{\mathrm{p}}^{\mathrm{n}}\right) \leq \mathrm{T}$ contains ( $1+\varepsilon$ )-isomorphic copy of $\ell_{p}^{k}$ (Of course, the special cases $p=1 ; 2 ; \infty$ were known previous1y).

It is known that for $p \neq 2$ the inverse function $k(T ; n ; \varepsilon) \leqslant c_{1} n^{c} 2^{\varepsilon / T}$ (for some absolute constants $c_{1}$ and $c_{2}$ ) and it is proved that $k \geqslant c_{1}(\varepsilon ; T) n^{c} 2 \cdot(\varepsilon / T) p$ [A. $-\mathrm{M}_{2}$ ].

Previous examples 1.2. - 1.5. could lead to the conclusion that power-type estimates on dimensions of subspaces which we are looking for are typical while a proportional type (which we had at $1.4 . \mathrm{b}$ and 1.5 . a and b) is an exceptional one. (There is no mention here of the Figiel-Johnson [F.-J.] result, although strongly related to the matter, because it uses special operator norms which are not introduced here). However we show in this paper, that there exists a non-trivial possibility to develop a proportional theory and this will be our second purpose.

## 2. BACKGROUND; SEARCH FOR EUCLIDEAN SECTIONS OF A CONVEX BODY.

We will describe briefly in that section two methods for extracting an almost Euclidean subspace from a finite dimensional normed space. The first approach is based on the so called measure concentration phenomena (for more information we refer to the original papers $[M],[F L M],\left[A-M_{1}\right],[G-M]$ or to the book [M-Sch]]). One new application of this method is also given (see 2.4-2.5). The second approach involves a volume computation and was applied up to now to a few special but important examples (see [Ka]-[Sz] or the Lectures [Pel]).

We start with a few definitions which are used throughout the paper. We consider an $n$-dimensional linear space $\mathbb{R}^{n}$ with an inner product $(x, y)$ which induces the Euclidean norm $|x|\left(x \in \mathbb{R}^{n}, y \in \mathbb{R}^{n}\right)$. Denote $D=\left\{x \in \mathbb{R}^{n}:|x| \leqslant 1\right\}$ and $S(E)=\{x \in E:|x|=1\}$ for every subspace $E \subseteq \mathbb{R}^{n}$.
Let: $S^{n-1}=\left\{x \in R^{n}:|x|=1\right\}$ be the Euclidean unit sphere in $\mathbb{R}^{n}, 0(n)$ be the othogonat group, and $G_{n, k}(1 \leqslant k<n)$ be the homogeneous spaces of $k$-dimensional subspaces of $\mathbb{R}^{n^{n}, k}$ (so called Grassmann manifolds).
We denote by the same letter $\mu$ the normalized Haar measure on each of the above
manifolds,
We consider also another norm $\|\cdot\|$ in the same underlying linear space $\mathbb{R}^{n}$ and let for every $x \in \mathbb{R}^{n}$

$$
\begin{equation*}
\frac{1}{a}|x| \leqslant||x|| \leqslant b|x| \tag{2.1}
\end{equation*}
$$

The norm $\|$.$\| and the Euclidean norm |\cdot|$ standardly define the dual norm $\|\left. x\right|^{*}=\sup \left\{\frac{|(x, y)|}{| | y| |}: y \in \mathbb{R}^{n} \backslash\{0\}\right\}$. It is clear that

$$
\frac{1}{b}|x| \leqslant||x||^{*} \leqslant a|x|
$$

2.1 LEMMA (P. Levy [L]). Let $A \subset S^{n-1}$ and $\mu(A) \geqslant \frac{1}{2}$. Define $A_{\boldsymbol{\varepsilon}}=\left\{x \in S^{n-1}\right.$ : distance $(x, A) \leqslant \varepsilon\}$ for a fixed $\varepsilon>0$. Then $\mu\left(A_{\varepsilon}\right) \geqslant 1-\exp \left(-\varepsilon^{2}(n-2) / 2\right)$. REMARK: It is clear that for each $x \in S^{n-1}$

$$
\mu\left\{T \in O(n): T x \in A_{\varepsilon}\right\}=\mu\left(A_{\varepsilon}\right)
$$

and therefore for every set $N=\left\{x_{i}\right\}_{i=1}^{N} \subset S^{n-1}$

$$
\mu\left\{T \in O(n): T N \subset A_{\varepsilon}\right\} \geqslant 1-N \exp \left(-\varepsilon^{2}(n-2) / 2\right)
$$

So, if $N<\exp \left(\varepsilon^{2}(n-2) / 4\right)$ then there exists a subset of $O(n)$ with measure exponentially close to 1 such that $T N \subset A_{\varepsilon}$ for any $T$ from this subset. Choose now a $\delta$-net $(\delta>0)$ of a fixed $k$-dimensional subspace (for $k=\left[\varepsilon^{2} n / 10 \ell n^{1} / \delta\right]$ ) as the special set $N=\left\{x_{i}\right\}_{1}^{N}$. The above Remark and an estimate on the cardinality $N$ of the $\delta$-net prove the following lemma:
2.2 LEMMA ([M]). Fix $\varepsilon>0$ and $\mathrm{k}<\left[\varepsilon^{2} \mathrm{n} / 10 \ln ^{1} / \delta\right]$. If $\mathrm{A} \subset \mathrm{S}^{\mathrm{n}-1}$ and $\mu(\mathrm{A}) \geqslant \frac{1}{2}$ then

$$
\mu\left\{E \in G_{n, k}: S(E) \subset A_{\varepsilon+\delta}\right\} \geqslant 1-2 \exp \left(-\varepsilon^{2} n / 4\right)
$$

Below, in sections 2.3-2.5, we take $\delta=\varepsilon$.
2.3 For every $A \subset S^{n-1}$ we define

$$
\mathrm{B}_{\mathrm{A}, \mathrm{k}}=\left\{\mathrm{E} \in \mathrm{G}_{\mathrm{n}, \mathrm{k}}: \mathrm{E} \cap \mathrm{~A} \neq \emptyset\right\}
$$

and

$$
I_{A, k}=\left\{E \in G_{n, k}: S(E) \subset A\right\}
$$

LEMMA: Fix $\varepsilon>0$ and $k \leqslant\left[\varepsilon^{2} n /{ }_{10 \ell n l / \varepsilon}\right]$. If $\mu\left(B_{A, k}\right)>2 \exp \left(-\varepsilon^{2} n / 4\right)$ then

$$
\mu\left(\mathrm{I}_{\mathrm{A}_{4 \varepsilon}, \mathrm{k}}\right) \geqslant 1-2 \exp \left(-\varepsilon^{2} n / 4\right)
$$

PROOF: First we show that $\mu\left(A_{2 \varepsilon}\right) \geqslant \frac{1}{2}$. Indeed, if not, then $\mu\left(A_{2 \varepsilon}{ }^{c}\right)>\frac{1}{2}$ and by

Lemma 2.2

$$
\mu\left\{E \in G_{n, k}: S(E) \subset\left(A_{2 \varepsilon}\right)_{2 \varepsilon}^{c} \subset A^{c}\right\} \geqslant 1-2 \exp \left(-\varepsilon^{2} n / 4\right)
$$

However this contradicts the estimate on $\mu\left(\mathrm{B}_{\mathrm{A}, \mathrm{k}}\right)$. Therefore $\mu\left(\mathrm{A}_{2 \varepsilon}\right) \geqslant \frac{1}{2}$ and again using Lemma 2.2 we conclude the proof.
2.4. We return to study the normed linear space $\mathbb{R},\|\cdot\|)$ which is denoted by $X$. We also denote $X^{*}=\left(R^{n},\|\cdot\| \|^{*}\right)$. For $E \in G_{n, k}$ we write $E G X$ to indicate that we consider $E$ as having the norm $\|\cdot\|$. Similarly, $E G X^{*}$ or $E G R^{n}$ mean that $E$ has the norm $\|\cdot\|$ * or $|\cdot|$ respectively. It is clear that $d\left(X, e_{2}^{n}\right) \leqslant d=a \cdot b$.

THEOREM. Fix $\frac{1}{4}>\varepsilon>0$ and $\mathrm{k} \leqslant\left[\varepsilon^{2} \mathrm{n} /{ }_{10 \ell \mathrm{n} 1 / \varepsilon}\right]$. For each decomposition $d=a_{1} \cdot b_{1}\left(a_{1}>0\right)$ there exists a subset $E \subset G_{n, k}$ of a large measure $\mu(E) \geqslant 1-2 \exp \left(-\varepsilon^{2} n / 4\right)$ such that

$$
\begin{aligned}
& \text { either for each } E \in E \\
& \qquad \begin{array}{l}
d\left(E G X^{*}, E G \mathbb{R}^{n}\right) \leqslant \frac{1}{1-4 \varepsilon} a_{1} \\
\text { or for each } E \in E \\
\qquad d\left(E \subset X ; E G \mathbb{R}^{n}\right) \leqslant b_{1} .
\end{array}
\end{aligned}
$$

It is sufficient, of course, to prove the theorem with the original $a_{1}=a$ and $b_{1}=b$. We prove first the following lemma:

LEMMA. If $x \in S^{n-1}$ (e.i. $|x|=1$ ) and $||x||^{*}<(1-4 \varepsilon)$ then for every $z \in S^{n-1}$ such that $|z-x|<4 \varepsilon$ we have $||z|| \geqslant 1$. PROOF is obvious: $||z||(1-4 \varepsilon)>||x||^{*}| | z| | \geqslant|(x, z)|=|(x, x)+(x, z-x)| \geqslant 1-4 \varepsilon$. Return to the proof of the theorem. Let $A_{*}=\left\{x \in S^{n-1}:||x||^{*} \geqslant 1-4 \varepsilon\right\}$. Then by the preceding Lemma $\left(A_{*}^{c}\right)_{4 \varepsilon} \subseteq A=\left\{z \in S^{n-1}:||z|| \geqslant 1\right\}$. Using the notation of 2.3 we have

$$
\begin{aligned}
& \text { either } \mu\left(I_{A_{*}, k} \subset G_{n, k}\right) \geqslant 1-2 \exp \left(-\varepsilon^{2} n / 4\right) \\
& \text { or } \quad \mu\left(B_{A_{*}}^{c}, k\right) \geqslant 2 \exp \left(-\varepsilon^{2} n / 4\right)
\end{aligned}
$$

(these two sets are just complemented in $G_{n, k}$ ). In the first case we have found the large subset $I_{A_{*}, k} \subset G_{n, k}$ such that $(1-4 \varepsilon)|x| \leqslant||x||^{*} \leqslant a|x|$ for every $E \in I_{A_{*}, k}$ and every $x \in E$. It means that we may choose $E=I_{A_{\star}}, k$. In the second case, by Lemma 2.3 we have the set $I_{\left(A_{\star}^{c}\right)_{4}, k} \subset I_{A, k}$ such that $\mu\left(I_{A, k} \subset G_{n, k}\right) \geqslant 1-2 \exp \left(-\varepsilon^{2} n / 4\right)$ and for every $E \in I_{A, k}$ and $x \in E$

$$
|x| \leq||x|| \leq b|x|
$$

We will mostly use this theorem with $\varepsilon=\frac{1}{8}$ and $k=\left[\lambda_{0} n\right]$ for $\lambda_{0}=1 / 1300$.
2.5 COROLLARIES: a) Let $d\left(X, l_{2}^{n}\right)=d$. Then for $k=\left[\lambda_{0} n\right]\left(\lambda_{0}=1 / 1300\right)$ either $X$ contains a $k$-dimensional subspace $E, d\left(E, l_{2}^{k}\right) \leq \sqrt{d}$ or $X^{*}$ contains a $k$-dimensional subspace $F, d\left(F, \ell_{2}^{k}\right)<2 \sqrt{d}$.
(This corollary shows that $1.5 . a$ follows from 1.4 ; Moreover, it gives an interpretation of 1.5.a. in terms of a "proportional" theory : $k$ in 2.5.a is proportional to $n$ ).
b) Let $d\left(X, e_{2}^{n}\right)=d_{n}$. If there exists $\alpha>0$ such that every subspace $E G X$, $\operatorname{dim} E=k \geqslant \lambda_{0} n$, satisfies $d\left(E, l_{2}^{k}\right) \geqslant \alpha d_{n}$, then there exists a subspace $F G X^{*}$, $k=\operatorname{dim} F \geqslant \lambda_{0} n$, such that $d\left(F, l_{2}^{k}\right) \leqslant 2 / \alpha$.
(It is the case, for example, for $\ell_{q}^{n}, \infty>q>2$, and it gives again 1.6.a).
c) STATEMENT: For each $\alpha>0$ there exists $\lambda>0$ such that every n-dimensional normed space X with $\mathrm{d}\left(\mathrm{X}, \ell_{2}^{\mathrm{n}}\right)=\mathrm{d}$ contains a subspace $\mathrm{E} G \mathrm{X}$ and $\mathrm{E}^{*}$ contains a subspace $F G E^{*}$ such that $k=\operatorname{dim} F \geqslant \lambda n$ and $d\left(F, \ell_{2}^{k}\right) \leqslant 2 d^{\alpha}\left(\leqslant 2 n^{\alpha / 2}\right)$.

To prove the statement, we apply Theorem 2.4 (or 2.5.a) repeatedly a number of times. (A much stronger result is proved in Section 4).
2.6 Let $f(x)$ be a real valued function on $S^{n-1}: f(x) \in C\left(S^{n-1}\right)$, and $w_{f}(\varepsilon)=$ $=\sup \{|f(x)-f(y)|:|x-y| \leqslant \varepsilon\}$ be the modulus continuity of $f(x)$. For any $\ell \in \mathbb{R}$ define $A_{\ell}^{+}=\left\{x \in S^{n-1}: f(x) \geqslant \ell\right\}, \quad A_{\ell}^{-}=\left\{x \in S^{n-1}: f(x) \leqslant \ell\right\}$, and $A_{\ell}=\left\{x \in S^{n-1}\right.$ : $f(x)=\ell\}$ We say that $L_{f}$ is the Levy mean of $f(x)$ if $\mu\left(A_{L_{f}}^{+}\right) \geqslant \frac{1}{2}$ and $\mu\left(A_{L_{f}}^{-}\right) \geqslant \frac{1}{2}$. Applying $2.1-2.2$ to the intersection of the $\varepsilon$-neighbourhoods of $\mathrm{A}_{\mathrm{L} f}^{+}$and $\mathrm{A}_{\mathrm{L}_{f}}$ we have:
LEMMA: Fix $\varepsilon>0$ and $\delta>0$. For each $k \leqslant \frac{\varepsilon^{2}}{10 \ln 1 / \delta} n$ there exists a $k$-dimensional subspace $E G \mathbb{R}^{n}$ such that

$$
\begin{equation*}
\left|f(x)-L_{f}\right|<w_{f}(\varepsilon) \tag{2.2}
\end{equation*}
$$

for $x$ in some $\delta$-net of $S(E)$. It means, in particular, that $\left|f(x)-L_{f}\right|<W_{f}(\varepsilon+\delta)$ for every $x \in S(E)$.
2.7 However, $\varepsilon$ and $\delta$ in 2.6, Lemma, differently influence an estimate on $k$ and it becomes important when we apply this Lemma to the function $r(x)=\|x\|$. In this case it follows from (2.1) that $w_{r}(\varepsilon) \leqslant b \varepsilon$. Take $\varepsilon$ so small that $b_{\varepsilon} \leqslant \varepsilon_{0} \cdot L_{r}$ for some small but fixed $\varepsilon_{0}$ (! remember that $b / L_{r}$ usually depends on $n$ and may be very large). It is possible to show that there exist $k\left(\delta ; \varepsilon_{0}\right)$ such that
a) (2.2) implies $\left|r(x)-L_{r}\right| \leqslant \kappa\left(\delta ; \varepsilon_{o}\right) L_{r}$ for every $x \in S(E)$
b) $k\left(\delta ; \varepsilon_{0}\right) \rightarrow 0\left(\delta \rightarrow 0\right.$ and $\left.\varepsilon_{0} \rightarrow 0\right)$.

By this reasoning we have proved the following statement.

STATEMENT ([M]; see also [FLM]). Let a norm $\|\cdot\|$ be given in $\mathbb{R}^{n}$, and let it be connected with the Euclidean norm $|\cdot|$ by the inequalities(2.1) (i.e. $a^{-1}|x| \leqslant$ $||x|| \leqslant b|x|$ for every $\left.x \in \mathbb{R}^{n}\right)$. Let $L_{r}$ be the Levy mean of the function $r(x)=||x||$ and let a number $\varepsilon>0$ be given. Then for each integer $k \leq c \frac{\varepsilon^{2}}{\ln 1 / \varepsilon} \cdot n\left(\frac{L_{r}}{b}\right)^{2}$ (where $c$ is some absolute constant) there exists a $k$-dimensional subspace $E$ of $\mathbb{R}^{\mathrm{n}}$ such that

$$
\begin{equation*}
(1-\varepsilon) L_{r}|x| \leqslant||x|| \leqslant(1+\varepsilon) L_{r}|x| \tag{2.3}
\end{equation*}
$$

for every $x \in E$, Moreover, subspaces which don't satisfy the above inequalities (2.3) have a measure at most $\exp \left[-\frac{\varepsilon^{2} n}{4} \cdot\left(L_{r} / b\right)^{2}\right]$.

To use this Statement in order to estimate the dimension $k$ of an "almost" Euclidean section of $X=\left(R^{n},\|\cdot\|\right)$ one has to estimate $L_{r} / b$ from below. It is much easier to deal with

$$
M_{r}=\int_{x \in S^{n-1}}| | x| | d \mu(x)
$$

instead of $L_{r}$. The following remark is useful for this purpose.
REMARK [FLM]. If $\mathrm{b} \leqslant \sqrt{\mathrm{n}}$ then there exists an absolute constant C such that $\left|L_{r}-M_{r}\right| \leqslant C$.

Results 1.3 - 1.6 were obtained by estimating $L_{r} / b$ or $M_{r} / b$ from below. In [FLM] this estimate was connected with the so called "cotype" - condition. We pass now to a different way of estimating this quantity through a volume ratio.
2.8 FINITE VOLUME RATIO . Let $V_{n} l_{n}$ be the usual ( $n$-dimensional) Lebesgue measure on $\mathbb{R}^{n}$ normalized (for example) so that the induced measure on $S^{n-1}$ coincides with $\mu(x)$. It means that $\operatorname{Vol}_{n^{D}}=\frac{1}{n} \mu\left(S^{n-1}\right)=1 / n$. Let $K=\left\{x \in \mathbb{R}^{n}:\|x\| \leqslant 1\right\}$ denote the unit ball of $X=\left(\mathbb{R}^{n},\|\cdot\|\right)$. Assume that $L_{r}=1$. Then

$$
\text { Vol } K \cap D>\frac{1}{2} \text { Vol } D \quad \text { (and, also, } \operatorname{Vol}\left[K \cap 3^{1 / n} D\right]<2 \text { Vol } D \text { ) }
$$

The following lemma is an easy consequence of this inequality.

LEMMA: Let Vol $K \leqslant C^{n}$ Vol D. Then $L_{r} \geqslant 1 /\left(2^{1 / n} C\right)$.
Therefore, the Statement 2.7 implies:

Let $||x||<|x|$ for every $x \in \mathbb{R}^{n}$ (i.e. $b=1$ ) and Vol $K \leqslant C^{n} \operatorname{Vol} D$ (we say, following $[S z]$, that $X$ has a finite volume ratio - f.v.r.). Then for each $\varepsilon>0$ there exists $\lambda(\varepsilon)>0$ depending on $\varepsilon$ only such that for each integer $k<\lambda(\varepsilon) n / C^{2} \quad X$ contains an $(1+\varepsilon)$ - isomorphic copy of $\ell_{2}^{k}$.
However in the case of f.v.r. a much stronger result is true: $X$ contains $a \mathrm{k}-$ dimensional $\varphi(C, \lambda)$-isomorphic copy of $\ell_{2}^{k}$ even for $k \simeq \lambda n$ and $\lambda$, say, is equal to $2 / 3$ (or any other number <1). The above function $\varphi(C, \lambda$ ) depends only on $C$ and $\lambda<1$. It was first observed by Kashin [Ka] for $\ell_{1}^{n}\left(\ell_{1}^{n}\right.$ has a f.v.r.) and later by Szarek [Sz] in a general case. We will sketch Szarek's proof with some minor additional information as it will be used in Section 4. The proof of the following three Lemmas may be found, e.g., in [Pe1], Lecture 1.
2.9 Assume $||x|| \leqslant|x|$ for every $x \in \mathbb{R}^{n}$ and that v.r. $\left.K^{\text {defef. }} \stackrel{(\text { Vol K/Vol D }}{ }\right)^{1 / n} \leqslant A$.

LEMMA 1.: Let $Z_{\rho}=\left\{x \in S^{n-1}:||x|| \leqslant \rho\right\}$. Then

$$
\mu\left(Z_{\rho}\right) \leqslant(A \rho)^{n}
$$

LEMMA 2.: For each integer $\mathrm{k}<\mathrm{n}$ and a Borel set $\mathrm{B} \subset \mathrm{S}^{\mathrm{n}-1}$ we define
$E_{k}=\left\{\xi \in G_{n, k}: \mu_{k-1}(B \cap \xi) \leq T_{\mu_{n-1}}(B)\right\} \quad$ (we write $\mu_{k-1}$ to emphasize that we consider measure on $S(\xi)=S^{k-1}$ ). Then $\mu\left\{\xi \in G_{n, k}: \xi \in E_{k}\right\}>1-1 / T$ and
$\left\{\xi \in G_{n, k}: \xi \in E_{k}\right.$ and $\left.\xi^{\perp} \in E_{n-k}\right\}>1-2 / T$ (here $\xi^{\perp}$ means the ( $n-k$ )-dimensional subspace which is orthogonal to $\xi$ ).

LEMMA 3: If E is a k -dimensional subspace of X and for some $\rho, ~ 0<\rho<1$, and $\alpha>0$

$$
\mu_{k-1}\left\{x \in S^{n-1} \cap E:||x|| \leq \rho\right\}<\alpha^{k-1}
$$

then for every $x \in E$

$$
\left(0-\frac{\pi \alpha}{2}\right)|x| \leq||x|| \leq|x|
$$

THEOREM $([S z]):$ Let v.r.K $\leqslant \mathrm{A}$.

1) $F i x \quad 0<\lambda<1$ and $\mathrm{t}>1$. Then for each $\mathrm{k} \leqslant \lambda \mathrm{n}$ there exists a subspace E , $\operatorname{dim} \mathrm{E}=\mathrm{k}$, such that

$$
\frac{1}{2} \cdot \frac{1}{(t \pi A)} \theta|x| \leqslant||x|| \leq|x|
$$

where $\theta=1 /(1-\lambda)$. The normalized Haar measure $\mu$ of such subspaces in $G, k$ is at least $1-1 / t^{n}$.
2) There exists a subspace E , $\operatorname{dim} \mathrm{E}=[\mathrm{n} / 2]$, such that

$$
\frac{1}{2(t \pi A)^{2}}|x| \leq||x|| \leq|x|
$$

for every $x \in E$ and every $x \in E^{\perp}$. The measure $\mu$ of such subspaces in $G,[n / 2]$ is at least $1-2 / t^{n}$.

PROOF of 1 ). Use Lemma 1 of this section for $\rho=1 /(t \pi A)^{\theta}$. Then $\mu\left(Z_{\rho}\right) \leqslant(A . \rho)^{n}$. By Lemma 2, for $T=t^{n}$ and $k=[\lambda n]+1$ there exists a $k$-dimensional subspace $E$ (and a large measure of such subspaces as described in Lemma 2) such that

$$
\mu_{k-1}\left(Z_{\rho} \cap E\right) \leqslant(t A \rho)^{n}=\left[\frac{t A}{(t \pi A)^{\theta}}\right]^{(1 / \lambda)(k-1)}
$$

Define $\quad \beta=\left[t \mathrm{~A} /(\mathrm{t} \mathrm{\pi A})^{\theta}\right]^{1 / \lambda}=\frac{1}{\pi^{\theta / \lambda}} \cdot \frac{1}{(t \mathrm{~A})^{\theta}}$. Then, by Lemma 3

$$
\left(\rho-\frac{\pi}{2} \beta\right)|x| \leqslant||x|| \leqslant|x|
$$

and, trivially $\frac{1}{2} \cdot \frac{1}{(t \pi A)^{\theta}} \leqslant \rho-\frac{\pi}{2} \beta$.
PROOF of 2) is the same. We use only the suitable part of Lemma 2.
§3. BACKGROUND;MIXED VOLUMES AND GEOMFTRIC INEQUALITIES.

In this Section we recall a few classical definitions and results which are well known to experts in Geometric Inequalities but not yet known enough to experts in Local Theory of Banach Spaces. This is the reason why full proofs of the results used later are given. To the number of the well known classical books on this subject we will add two relatively recent ones: Santalo $\left[\mathrm{S}_{1}\right]$ and Burago and Zalgaller [B-Z],
3.1 THEOREM (Minkowski, 1911) Let $K_{i}, i=1, \ldots, m$, be convex compacts in $\mathbb{R}^{n}, \lambda_{i} \geqslant 0$, and $m \geqslant n$. Then $\operatorname{Vol}\left(\lambda_{1} K_{1}+\ldots+\lambda_{m} K_{m}\right)=$ ( $a$ homogeneous polynom of $\lambda_{i}$ of degree $\leqslant n$ written in the form:) $\sum_{1 \leqslant i_{j} \leqslant m} \lambda_{i_{1}} \cdot \lambda_{i_{2}} \ldots \lambda_{i_{n}} V\left(K_{i_{1}} \ldots K_{i_{n}}\right)$ (and such that the coefficients $V\left(K_{i_{1}}, \ldots, K_{i_{n}}\right)$ do not depend on the order $\left.i_{1}, \ldots, i_{n}\right)$.

We say that $V\left(K_{i_{1}}, \ldots, K_{i_{n}}\right)$ is the mixed volume of $K_{i_{1}}, \ldots, K_{i_{n}}$ (!Some or all of the indices $i_{j}$ may be repeated a number of times). By construction it is not dependent on the order of sets $\left\{K_{i}\right\}$.
We will not deal with this general form of the theorem and therefore we will not discuss it, but for a few remarks:

The mixed volume $V\left(K_{1}, \ldots, K_{n}\right)$ is the Symmetric polylinear form with respect to set addition $\left(V\left(K_{1}^{\prime}+K_{1}^{\prime \prime}, K_{2}, \ldots, K_{n}\right)=V\left(K_{1}^{\prime}, K_{2}, \ldots, K_{n}\right)+V\left(K_{1}^{\prime}, K_{2}, \ldots, K_{n}\right)\right.$ where $A+B=\{x+y: x \in A$ and $y \in B\}$ ) and homothety $V\left(\alpha_{1} K_{1}, K_{2}, \ldots K_{n}\right)=\left|\alpha_{1}\right| \cdot V\left(K_{1}, \ldots, K_{n}\right)$; Vol $K=V(K, \ldots, K)$; Therefore the mixed volume is, in a sense, the polylinearization of Vol $K$ and Vol $K$ is the diagonat of that form; the mixed volume is a monotone function: $A_{1} \subset A_{2}$ implies $V\left(A_{1}, K_{2}, \ldots, K_{n}\right) \leqslant V\left(A_{2}, K_{2}, \ldots, K_{n}\right)$; Consequently $V\left(K_{1}, \ldots, K_{n}\right) \geqslant 0$.
3.2 Now we turn our attention to a special case of Minkowski's theorem which was already considered in 1840 by Steiner. Let $D$ be an Euclidean unit ball, and $K$ be a convex compact and $\rho \geqslant 0$. Define $V(\underbrace{K, \ldots}_{m}, \underbrace{D, \ldots D}_{n-m})=V_{m}(K)$. Then $V_{0}(K)=\operatorname{Vol} D$ and $V_{n}(K)=$ Vol $K$.

STEINER'S FORMULA:
(St.)

$$
\operatorname{Vol}(K+\rho D)=\sum_{i=0}^{n}\binom{n}{i} V_{n-i}(K) \rho^{i}
$$

We will prove this formula along with the following well known and important interpretation of the mixed volume $V_{m}(K)$ :

STATEMENT:Let $G_{n, m}$ be the Grassmann manifold as in Section 2 and let $\mu(\xi)$ be the normalized Haar measure on $G_{n, m}$. Let $P_{\xi}$ be an orthogonal projection onto $\xi$, $D_{m}$ be the unit m-dimensional Euclidean ball, and $V o l_{m}$ be $m$-dimensional Volume.
$\left(V_{m}\right)$

$$
V_{m}(K)=\frac{V_{01} D_{n}}{V_{m} D_{m}} \int_{\xi \in G_{n, m}} \operatorname{Vol}_{m}\left(P_{\xi} K\right) d \mu(\xi)
$$

(St.) and ( $V_{m}$ ) will be proved by induction on dimension $n$. At first, we define functions $V_{m}(K)$ by the formula $\left(V_{m}\right)$ and we prove (St.) with these numbers.
a) For $n=1$, (St) is trivial: length $(K+\rho D)=1$ ength $(K)+2 p=$ $=V_{1}(K)+V_{0}(K) \rho . \quad\left(V_{0}(K)=V\left(D_{1}\right)=2\right)$.
b) If we will prove $(S t)+\left(V_{m}\right)$ with some coefficients $a_{n, i}$ instead of $\binom{n}{i}$ then immediately $a_{n, i}=\binom{n}{i}$ (take $K=D$ ). So, in our inductive proof we disregard coefficients independent of $K$ and $\rho$.
c) The special case of $\left(V_{m}\right)$ : Cauchy formula (1841)
(C) Area of $K \stackrel{\text { def }}{=} S(K)=n \cdot V_{n-1}(K)$
(Recall: definition of $V_{n-1}(K)$ see at $\left(V_{m}\right)$ for $\left.m=n-1\right)$.

PROOF: We prove the above formula first for $K$ being any convex compact polytop (with, say, faces $f_{i}$ and Area $f_{i} \equiv V o l_{n-1} f_{i}=S_{i}$ ) and subsequently we obtain a general case by an approximation argument. Let $\xi$ be an arbitrary ( $n-1$ )-dimensional subspace and $\theta_{i}$ be an angle between $\xi$ and a face $f_{i}$. Then $\operatorname{Vor}_{n-1} P_{\xi} f_{i}=S_{i}\left|\cos \theta_{i}\right|$ and $\int V o 1_{n-1} P_{\xi} f_{i} d \nu(\xi)=S_{i} \int\left|\cos \theta_{i}\right| d \nu(\xi)=a_{n} S_{i} \quad$ (where $a_{n}$ depends only on $n$ ). Therefore $a_{n} S(K)=a_{n} \sum_{f_{i}} S_{i}=\int_{\xi G_{G}, n-1}\left(\sum \operatorname{Vo1}{ }_{n-1} P_{\xi} f_{i}\right) d v(\xi)=$ $=2 f_{\xi} V_{n-1} P_{\xi} K d \nu$ and we have proved that $s(K)=c_{n} V_{n-1}(K)$. To compute the number $c_{n}$, take $K=D$.
d) Assume that $(S t)+\left(V_{m}\right)$ is proved for $n-1$. Let $\xi \in G_{n, n-1}$. Then

$$
\operatorname{Vo1}\left(P_{\xi}(K+\rho D)=\sum_{i=0}^{n-1}\binom{n-1}{i} V_{n-1-i}\left(P_{\xi} K\right) \rho^{i}\right.
$$

(and $V_{n-1-i}\left(P_{\xi} K\right)$ is defined by $\left(V_{m}\right)$ in ( $n-1$ )-dimensional space). Averaging over $\xi \in G_{n, n-1}$ gives (using (C) and definition $\left(V_{m}\right)$ but now in the $n$-dimensional space)

$$
S(K+\rho D)=n_{\bar{\Sigma}_{0}^{1}}^{1} a_{n, i} V_{n-1-i}(K) \rho{ }^{i}
$$

for some numbers $a_{n, i}$ depending on $n$ and $i$ only. Integrating by $\rho$ from 0 to $r$ gives

$$
\operatorname{Vo1}(K+r D)-\operatorname{Vo1}(K)={\underset{\Sigma}{\sum_{0}^{1}}}_{a_{n, i}}^{i+1} V_{n-(i+1)}(K) r^{i+1}
$$

Change $i+1 \rightarrow i$ and pay attention that $V_{n}(K)=$ Vol $K$. This ends our proof of (St) (use b) to define coefficients $\binom{n}{i}$ ) and the description of $V_{n-i}(K)$ given by $\left(V_{m}\right)$.

### 3.3 BRUNN-MINKOWSKI INEQUALITIES

The following family of inequalities generalizes the isoperimetric inequality for $\mathbb{R}^{n}$ :

For each $m, n \geqslant m \geqslant 1$, and every compact sets $A$ and $B$ (not necessarily convex)
(Br. - M)

$$
V_{m}(A+B)^{1 / m} \geqslant V_{m}(A)^{1 / m}+V_{m}(B)^{1 / m}
$$

For $m=n$ we have

$$
\operatorname{Vol}(A+B)^{1 / n} \geqslant \operatorname{Vol} A^{1 / n}+\operatorname{Vol} B^{1 / n}
$$

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which implies the isoperimetric property of the Euclidean ball. Indeed, if we take $B=\rho D$, then
( $\rho$ )

$$
\operatorname{Vol}(A+\rho D)^{1 / n} \geqslant \operatorname{Vol} A^{1 / n}+\rho(\operatorname{Vol} D)^{1 / n}
$$

Now, if Vol $A=\operatorname{Vol} D$ then $\operatorname{Vol}(A+\rho D) \geqslant(1+\rho)^{n} \operatorname{Vol} D$ and inf for Vol $(A+\rho D)$ is attained at $A=D$

Divide ( $\rho$ ) by (Vol D) ${ }^{1 / n}$, take a power $n$ from both sides and use (St):

$$
\sum_{i=0}^{n}\binom{n}{i} \frac{V_{n-i}(A)}{\text { Vol } D} \rho^{i} \geqslant\left[\left(\frac{\text { Vol } A}{\text { Vol } D}\right)^{1 / n}+\rho\right]^{n}=\sum_{i=0}^{n}\binom{n}{i}\left[\frac{\text { Vol } A}{\text { Vol } D}\right]^{\frac{n-i}{n}} \rho^{i}
$$

for every $\rho \geqslant 0$. Because 0 -term and $n$-term are equal on both sides of the inequality, we obtain inequalities for l-and ( $n-1$ )-terms:
(U)

$$
\begin{aligned}
& \frac{V_{n-1}(A)}{\text { Vol } D} \geqslant\left(\frac{\text { Vol } A}{\text { Vol } D}\right)^{\frac{n-1}{n}} \\
& \frac{V_{1}(A)}{\text { Vol } D} \geqslant\left(\frac{\text { Vol } A}{\text { Vol }}\right)^{1 / n}
\end{aligned}
$$

The second inequality is Urysohn inequality [U] and the first one brings us back to the isoperimetric one. Note here that both inequalities are the partial cases of the more general Alexandrov inequalities [A]
(A)

$$
\left(\frac{V_{m}(K)}{\text { Vol } D}\right)^{1 / m} \geqslant\left(\frac{V_{j}(K)}{\text { Vol } D}\right)^{1 / j} \quad \text { for each } \quad 1 \leqslant m<j \leqslant n
$$

(A11 of them may be similarly obtained from the general case of ( $\mathrm{Br} .-\mathrm{M}$. ) using a generalization of (St.) for $V_{m}(K): V_{m}(K+\rho D)={ }_{i=0}^{m}\binom{m}{i} V_{m-i}(K) \rho^{i}$ which is an easy formal consequence of $(S t)-$ see $\left.\left[S_{1}\right]\right)$.

To complete a proof of Urysohn inequality (U), intensively used in this paper, we are now going to sketch a proof of ( $\mathrm{Br} .-\mathrm{M}$.) for the case $\mathrm{m}=\mathrm{n}$.

By an approximation argument it is enough to show ( $\mathrm{Br} .-\mathrm{M}$. ) for such $A$ and $B$ which are finite unions of parallelograms with non-zero volumes with faces which are parallel to coordinate (pair-wise orthogonal) planes. We shall refer to this parallelograms further as "particles". The proof is by induction on a number $k$ of particles in $A$ and $B$ together. Let $k=2$ (i.e. $A$ and $B$ are just parallelograms with edges of the lengths $\left(a_{i}\right)_{i=1}^{n}$ and $\left.\left(b_{i}\right)_{i=1}^{n}\right)$. It is worthwhile to apply parallel shifts of $A$ and $B$ such that each will have a corner at the
origin; such shifts do not change the volumes of the bodies. Then the inequality which has to be proved is the following one

$$
\Pi_{i=1}^{n}\left(a_{i}+b_{i}\right)^{1 / n} \geqslant\left(\Pi a_{i}\right)^{1 / n}+\left(\Pi b_{i}\right)^{1 / n}
$$

This last inequality is the consequence of the inequality between geometrical and arithmetical means:

$$
\left(\Pi \frac{a_{i}}{a_{i}+b_{i}}\right)^{1 / n} \leqslant \frac{1}{n} \sum_{1}^{n} \frac{a_{i}}{a_{i}+b_{i}} \text { and }\left(\Pi \frac{b_{i}}{a_{i}+b_{i}}\right)^{1 / n} \leqslant \frac{1}{n} \sum_{1}^{n} \frac{b_{i}}{a_{i}+b_{i}} .
$$

By induction, we may assume now that $A$ contains at least 2 particles. Then there exist a parallel shift of $A$ and a coordinate plane $P$ which devides $A$ (after the shift) to two sets $A^{\prime}$ and $A^{\prime \prime}$ each of them having a strictly smaller number of particles than $A$. Let Vol $A^{\prime}=\lambda$ Vol $A$ and therefore Vol $A^{\prime \prime}=(1-\lambda) V o l A$. We shift also $B$ to such a position that the plane $P$ devides $B$ to the parts $B^{\prime}$ and $B^{\prime \prime}$ with the same volume proportion (Vol $B^{\prime}=\lambda$ Vol $B$ and Vol $B^{\prime \prime}=$ (1- $\lambda$ ) Vol B). Then

$$
\begin{aligned}
& \operatorname{Vol}(A+B) \geqslant \operatorname{Vol}\left(A^{\prime}+B^{\prime}\right)+\operatorname{Vol}\left(A^{\prime \prime}+B^{\prime \prime}\right) \geqslant \text { (by induction) } \\
& {\left[\left(\operatorname{Vol} A^{\prime}\right)^{1 / n}+\left(\operatorname{Vol} B^{\prime}\right)^{1 / n}\right]^{n}+\left[\left(\begin{array}{ll}
\text { Vol } & A^{\prime \prime}
\end{array}\right)^{1 / n}+\left(\operatorname{Vol} B^{\prime \prime}\right)^{1 / n}\right]^{n}=\lambda\left[(\operatorname{Vol} A)^{1 / n}+\right.} \\
& \left.+(\operatorname{Vol} B)^{1 / n}\right]^{n}+(1-\lambda)\left[\left(\begin{array}{ll}
\operatorname{Vol} & A
\end{array}\right)^{1 / n}+(\operatorname{Vol} B)^{1 / n}\right]^{n}=\left[\left(\begin{array}{ll}
\operatorname{Vol} & A
\end{array}\right)^{1 / n}+(\operatorname{Vol} B)^{1 / n}\right]^{n}
\end{aligned}
$$

3.4 Urysohn and Santalo Inequalities.
a) Let $K$ be a unit ball of an $n$-dimensional normed space $X$ and $D$ be the Euclidean ball. We consider also in the same affine underlying space the dual norm $\|x\|^{*}$ with respect to the duality defined by $D$. Let $K^{*}$ be the unit ball in this dual norm . The geometricai interpretation of the dual norm implies immediately that

$$
V_{1}(K) / \text { Vol } D=\int_{S^{n-1}}| | x| |^{*} d \mu(x) \stackrel{\text { def. }}{=} M_{r *}
$$

where $S^{n-1}=\partial D$ is the Euclidean sphere and $\mu(x)$ is the normalized Haar measure on $S^{n-1}$. So Urysohn inequality (U) may be rewritten in the following form:

$$
(\text { Vol K/Vol D })^{1 / n} \leqslant M_{\mathrm{r}^{*}} \text {. }
$$

b) Santalo Inequality
( $\left[\mathrm{S}_{2}\right]$; for a new and very nice proof see $[\mathrm{R}]$ ):
(S)

$$
\text { Vo1 K } \cdot \text { Vol } K^{*} \leqslant(\text { Vol D })^{2}
$$

Note that Urysohn inequality is an easy consequence from (S) (I learned this from Y. Gordon). Indeed:

$$
\left(\frac{\text { Vol } K^{*}}{\text { Vol } D}\right)^{1 / n}=\left[\int_{S^{n-1}}\left(\frac{1}{\|x\|^{*}}\right)^{n} d \mu(x)\right]^{1 / n} \geqslant \int_{S^{n-1}}\left(\|x\|^{*}\right)^{-1} d \mu(x)
$$

On the other side

$$
M_{r^{*}}=\int_{S^{n-1}}\|x\|^{*} d \mu(x) \geqslant 1 / \int_{S^{n-1}}\left(\|x\|^{*}\right)^{-1} d \mu(x) \geqslant\left(\frac{\text { Vol } D}{\text { Vol } K^{*}}\right)^{1 / n} .
$$

Use now (S) to obtain (U).
4. EUCLIDEAN DECOMPOSITION OF AN ARBITRARY NORMED (FINITE DIMENSIONAL) SPACE.

The following Problems are investigated in this Section.
PROBLEM 1. Is it true that for every $\varepsilon>0$ there exists $\lambda(\varepsilon)>0$
such that every $n$-dimensional normed space $X$ contains an m-dimensional subspace $E \subset X$ such that $E^{*}$ contains a $k$-dimensional subspace $F \subset E *$ such that $\mathrm{k} \geqslant \lambda(\varepsilon) \mathrm{n}$ and $\mathrm{d}\left(\mathrm{F}, \ell_{2}^{\mathrm{k}}\right) \leqslant 1+\varepsilon$ ?

PROBLEM 2. Is it true that there exists an absolute constant $C$ such that every $n$-dimensional normed space $x$ may be decomposed in a direct sum of four subspaces $X=E_{1}+E_{2}+E_{3}+E_{4}$ such that $\operatorname{dim} E_{i}=n_{i} \geqslant[n / 4]$ for each $i=1,2,3,4$ and for every $i_{1} \neq i_{2}$

$$
\mathrm{d}\left(\mathrm{E}_{\mathrm{i}_{1}}+\mathrm{E}_{\mathrm{i}_{2}} / \mathrm{E}_{\mathrm{i}_{1}}, \ell_{2}^{\mathrm{n}_{2}}\right) \leq \mathrm{C} ?
$$

These problems have positive solutions for a large family of spaces and, in the general case, we will prove these results up to a logarithmic factor. Some variations of the problems will be discussed.

We use the same notations as in 2., 2.8, and 3.4. So, e.g., $X=\left(\mathbb{R}^{n},\|\cdot\|\right)$, $K$ and $K^{*}$ are the unit balls of $X$ and $X^{*}$ respectively, $D$ is the Euclidean unit ball of $\left(\mathbb{R}^{n},|\cdot|\right)$ and the orthogonality is understood with respect to the Euclidean norm $|\cdot|$ in $\mathbb{R}^{n}$.
4.1 THEOREM. Let

Vol (Conv K J D) $\leqslant v_{1}^{n}$ Vol D and
$\operatorname{Vol}\left(\operatorname{Conv} K^{*} U D\right) \leqslant v_{2}^{n}$ Vol D.

Then
i) For each $\alpha, 0<\alpha<1$, there exist $c(\alpha)>0$ and $\lambda(\alpha)>0$ such that $X$ contains an m-dimensional subspace $E G X$ and $E *$ contains an $k$-dimensional subspace $F \subset E^{*}$ such that

$$
\mathrm{k} \geqslant \lambda(\alpha) \mathrm{n} \text { and } \mathrm{d}\left(\mathrm{~F}, \mathrm{l}_{2}^{\mathrm{k}}\right) \leqslant \mathrm{C}(\alpha)\left[\mathrm{v}_{1} \cdot \mathrm{v}_{2}\right]^{\alpha}
$$

In particular this means (using 1.4), that for every $\varepsilon>0$ and every $\alpha>0$ there exists $\lambda(\alpha ; \varepsilon)>0$ such that $E^{*}$ contains a $(1+\varepsilon)$ isomorphic copy of $\ell_{2}^{k}$ for $k \geqslant \lambda(\alpha ; \varepsilon) \frac{n}{\left(v_{1} \cdot v_{2}\right)^{\alpha}}$.
ii) For each $0<\lambda<1$ and $0<\mu<1$ there exists $C(\lambda ; \mu)$ depending on $\lambda<1$ and $\mu<1$ only such that for every $m=[\lambda n]$ and $k=[\mu \mathrm{m}]$ there exists an $m$-dimesnional subspace $\mathrm{E} G \mathrm{X}$ and a k -dimensional subspace $\mathrm{F} G \mathrm{E}$ * such that

$$
d\left(F, \ell_{2}^{k}\right) \leqslant C(\lambda ; \mu) \quad v_{1}^{1 /(1-\lambda)(1-\mu)} \cdot v_{2}^{1 / \lambda(1-\mu)} .
$$

Moreover,
iii) there exists an orthonormal (in the sense of $\left(\mathbb{R}^{n},|\cdot|\right.$ ) ) basis
$\mathrm{e}=\left\{\mathrm{e}_{\mathrm{i}}\right\}_{\mathrm{i}=1}^{\mathrm{n}} \subset \mathrm{X}$ and a constant $\mathrm{C}(\lambda, \mu)$ depending on $\lambda<1$ and $\mu<1$ onty such that for every $A \subset[1, \ldots, n], m=|A|=[\lambda n]$ and every subset $B \subset A, k=|B|=[\mu m]$ we have

$$
d\left(\operatorname{span}\left\{e_{i}\right\}_{i \in A} / \operatorname{span}\left\{e_{i}\right\}_{i \in A \backslash B}, e_{2}^{k}\right) \leqslant C(\lambda ; \mu) v_{1}^{1 /(1-\lambda)(1-\mu)} v_{2}^{1 / \lambda(1-\mu)}
$$

In other words

$$
\underset{i \in B}{d\left(\operatorname{span}_{i \in}\left\{e_{i}\right\} \subseteq\right.} \underset{i \in A}{\left.\left[\operatorname{span}_{i}\left\{e_{i}\right\} \hookrightarrow X\right]^{*} ; e_{2}^{k}\right) \leqslant C(\lambda ; \mu) v_{1}^{1 /(1-\lambda)(1-\mu)} v_{2}^{1 / \lambda(1-\mu)} . . .(1)}
$$

(recall, that, as in 2.4, we use the notation $E G Y$ to indicate that the subspace $E$ is considered in the $Y$-norm
iv) DECOMPOSITION: there exists an orthogonal decomposition of $X=\mathrm{E}_{1} \oplus \mathrm{E}_{2} \oplus \mathrm{E}_{3} \oplus \mathrm{E}_{4}$ and $\operatorname{dim} E_{i}=n_{i} \geqslant[n / 4]$ for every $i=1,2,3,4$, such that for every $i_{1} \neq i_{2}$

$$
d\left(E_{i_{1}} \Theta E_{i_{2}} / E_{i_{1}}, \ell_{2}^{n_{i_{2}}}\right) \leqslant c v_{1}^{4} \cdot v_{2}^{4}
$$

for some absolute constant c. (Of course, iv) is just a partial case of iii))

We prove first ii). Step a). Define $K_{1}=$ Conv $K U D$ and consider the norm
$\|\cdot\|_{1}$ such that $K_{1}$ is the unit ball in this norm. Then for every $x \in \mathbb{R}^{n}$.

$$
\|x\|_{1} \leqslant\|x\| \text { and }\|x\|_{1} \leqslant|x| .
$$

Using Theorem 2.9 for $\|\cdot\|_{1}, \quad t$ and $\lambda$ we find (for $m=[\lambda n]$ ) an m-dimensional subspace $E \subseteq R^{n}$ such that for every $x \in E$

$$
\begin{equation*}
\frac{1}{2} \cdot \frac{1}{\left(t \pi v_{1}\right)} \theta|x| \leqslant\|x\|_{1}(\leqslant\|x\|) \tag{4.1}
\end{equation*}
$$

where $\theta=1 /(1-\lambda)$. Moreover, one has a large measure of such subspaces. Note that to prove ii) it is enough to take $t=2$. However we will keep $t$ because it will be important in a proof of iii).

Step b). Consider $E^{*}=X^{*} / E^{\perp}$. It is clear that the unit ball $K\left(E^{*}\right)$ of $E^{*}$ is the orthogonal projection of $K^{*}$ onto $E \subset R^{n}$. By (4.1), for every $x \in E^{*}$

$$
||x||_{E}^{*} \leqslant 2\left(t \pi v_{1}\right)^{\theta}|x| \cdot\left(\left.\|\cdot\|\right|_{E} ^{*} \text { denotes the dual norm to the norm on } E\right) .
$$

One has to use now the second volume condition. Then
(4.2) $\frac{\operatorname{Vol}\left(K^{*}+\rho D\right)}{\operatorname{Vol} D} \leqslant(1+\rho)^{n} \frac{\operatorname{Vol}\left(\operatorname{Conv}\left(K^{*} U D\right)\right)}{\operatorname{Vol} D} \leqslant v_{2}^{n}(1+\rho)^{n}$.

From the other side, using Steiner formula (St) from 3.2 we obtain

$$
\begin{equation*}
\frac{\operatorname{Vol}\left(K^{*}+\rho D\right)}{\operatorname{Vol} D}=\sum_{i=0}^{n}\binom{n}{i} \frac{V_{n-i}\left(K^{*}\right)}{\operatorname{Vol} D} \rho^{i} \geqslant\binom{ n}{m} \frac{V_{m}\left(K^{*}\right)}{\operatorname{VolD} D} \rho^{n-m} \tag{4.3}
\end{equation*}
$$

Define $\left(\frac{V_{m}\left(K^{*}\right)}{V_{o l ~}}\right)^{1 / m}=$ B. It follows from (4.2) and (4.3)

$$
B^{\lambda} \rho^{1-\lambda} \leqslant V_{2}(1+\rho)
$$

Take $\rho=1$; we have proved
LEMMA: $\quad B=\left(\frac{V_{m}\left(K^{*}\right)}{\text { Vol } D}\right)^{1 / m} \leqslant 2^{1 / \lambda} \mathrm{v}_{2}^{1 / \lambda}$
Step $c$ ). Recall now the formula $\left(V_{m}\right)$ from 3.2 and define $f(\xi)=V_{m} 1_{m}\left(P_{\xi} K^{*}\right) / V_{m} D_{m}$ where $\xi \in G_{n, m}$ and $P_{\xi}$ is the orthogonal projection onto $\xi$. It is trivial that

LEMMA: If $\int f(\xi) \mathrm{d} \mu(\xi) \leqslant \mathrm{a}$ then

$$
\mu_{\boldsymbol{T}}=\mu\left\{\xi \in G_{\mathrm{n}, \mathrm{~m}}: \mathrm{f}(\xi) \leqslant \mathrm{Ta}\right\} \geqslant 1-1 / \mathrm{T} .
$$

So, taking $T=t^{n}$ and using Step b) and the previous Lemma, we obtain the STATEMENT. Le亡 $E=\left\{\xi \in G_{n, m}:\left(\operatorname{Vor}_{m}\left(P_{\xi^{*}} K^{*}\right) / \operatorname{Vor}_{m} D_{m}\right)^{1 / m} \leqslant\left(2 t v_{2}\right)^{1 / \lambda}\right\}$. Then $\mu(E) \geqslant 1-1 / t^{n}$.

Step d) An intersection of $E$ with the subspaces obtained in the Step a) gives a set $E_{0} \subset G_{n, m}$ ( and of a large measure) such that every $\xi \in E_{0}$ has the properties

$$
||x||_{\xi}^{*} \leqslant 2\left(t \pi v_{1}\right)^{1 / 1-\lambda}|x| \quad \text { for every } \quad x \in \xi
$$

and

$$
\left(\operatorname{Vor}_{m} K(\xi)^{*} / \operatorname{Vol}_{m} D_{m}\right)^{1 / m} \leqslant\left(2 t v_{2}\right)^{1 / \lambda}
$$

After introducing the new Euclidean norm $|\cdot|_{1}=2\left(t \pi v_{1}\right)^{1 / 1-\lambda}|\cdot|$, we may apply Theorem 2.9 for a space $E^{*}$ (for $E \in E_{0}$ ) (i.e. for $m=[\lambda n]$ instead of $n$ and $\mu$ instead of $\lambda$ ). Again, it is enough in this part of the theorem to take $t=2$, but for further purposes it will be necessary to use instead of $t$ the number $t_{1}=t^{1 / \lambda}$. By that Theorem, there exists a subspace $F G E^{*}$ such that $\mathrm{k}=\operatorname{dim} \mathrm{F}=[\mu[\lambda \mathrm{n}]]$ and for a constant $\mathrm{C}(\mathrm{t} ; \lambda ; \mu)$ depending on $\lambda<1, \mu<1$ and t > 1 only
(4.4) $\quad d\left(F, \ell_{2}^{k}\right) \leqslant C(t ; \lambda ; \mu) v_{1}^{1 /(1-\lambda)(1-\mu)} \cdot v_{2}^{1 / \lambda(1-\mu)}$.

Take $t=2$ to finish the proof.
PROOF i). Take in the preceeding proof $\lambda=\mu=\frac{1}{2}$; then, apply Statement 2.5.c to the space $F$.

PROOF iii). is a manipulation with large measures of subspaces obtained in the proof of ii). Fix integers $m<n$ and $k<m$. In the part ii) of the Theorem we were looking for a pair ( $F$; E) of subspaces of $\mathbb{R}^{n}$ such that $\operatorname{dim} E=m, F G E$ and $\operatorname{dimF}=k$ and such that this pair has the described in ii) properties: if $E$ is considered as the subspace of $X$ (i.e. with the norm $\|\cdot\|$ ) and $F \in E^{*}$ (i.e. with the norm of $E^{*}$ ) then $d\left(F, \ell_{2}^{k}\right) \leqslant$ a formula as described in (4.4); it will become clear later that now we have to put $t=6$ in the $C(t ; \lambda ; \mu)$. All of such pairs form a subset $S_{m ; k}$ of the manifold $V$ which we describe below.

Let $\xi \in G_{n, m}$ (i.e. $\xi$ is an m-dimensional subspace of $\mathbb{R}^{n}$ ). Denote $G_{m, k}(\xi)$ be the Grassmann manifold $G_{m, k}$ of all $k$-dimensional subspaces of $\xi$.

We consider the following manifold of pairs $V=\left\{(n ; \xi)\right.$, where $\xi \in G_{n, m}$ and $\left.\eta \in G_{m, k}(\xi)\right\}$. It is clear that $V$ is a homogeneous space under the action of $O(n)$. Therefore, if $\mu_{v}$ denotes the normalized Haar measure on $V$ then for every Borel set $S \subset V$ and for each fixed $\left(\eta_{0} ; \xi_{0}\right) \in V$

$$
\mu_{v}(S)=\mu\left\{T \in O(n): T\left(n_{0} ; \xi_{0}\right) \in S\right\}
$$

Further $\quad d \mu_{v}={ }^{d \mu}{ }_{G}{ }_{n, m} \cdot{ }^{d} \mu_{G_{m, k}}$.
We have to estimate a measure $\mu_{v}\left(S_{m ; k}\right)$. For this purpose we have to go once more through the proof of ii). At the step d) of that proof we built a set $E_{0} \subset G_{n, m}$ as an intersection of the sets from a) and c). So, its measure

$$
\mu\left(E_{0}\right) \geqslant 1-2 / t^{n}
$$

For every $E \in E_{0}$ we found (by Theorem 2.9) a set $F \subset G_{m, k}(E)$ of subspaces $\left\{F G E^{*}\right\}$ which satisfy the desired inequality (4.4). The measure of this set may be estimated again by Theorem 2.9.

$$
\mu\left\{F \subset G_{m, k}(E)\right\} \geqslant 1-1 / t_{1}^{m} \simeq 1-1 / t^{n}
$$

Therefore

$$
\begin{equation*}
\mu_{v}\left(S_{m, k}\right) \geqslant\left(1-2 / t^{n}\right)\left(1-1 / t^{n}\right) \geqslant 1-3 / t^{n} \tag{4.5}
\end{equation*}
$$

Fix now any orthonormal basis $e_{0}=\left\{e_{i 0}\right\}_{i=1}^{n}$ in $\left(\mathbb{R}^{n},|\cdot|\right)$ and define $E_{A}=\operatorname{span}\left\{e_{i, 0}\right\}_{i \in A}$ for every $A \subset[1, \ldots, n]$. For every pair $(B \subset A \subset[1, \ldots, n])$, $|B|=k$ and $|A|=m$, denote $O S_{A ; B}=\left\{T \in O(n):\left(T_{B}, T E_{A}\right) \in S_{m, k}\right\}$. Then $\mu\left(0 S_{A ; B}\right)=\mu_{v}\left(S_{m, k}\right)$ where $|A|=m$ and $|B|=k$. It is clear that the cardinallity $N$ of all pairs $(B, A)$ such that $B \subset A \subset[1, \ldots, n]$ is equal to $\Sigma_{m=0}^{n} \Sigma_{k=0}^{m}\binom{n}{m}\binom{m}{k}=\Sigma_{0}^{n} 2^{m}\binom{n}{m}<4^{n}$. Therefore, using (4.5):

$$
\begin{aligned}
\mu\left\{\left\{_{B ; A} A_{A} O S_{A ; B} \subset O(n):\right.\right. & \text { for every } A \subset[1, \ldots, n] \text { and every } B \subset A\} \geqslant \\
1-3 \cdot 4^{n} / t^{n}>0 & \text { for, say, } t=6 \text { and } n \geqslant 3 .
\end{aligned}
$$

(The case $\mathrm{n}<3$ is trivial). It means that there exists an orthogonal operator $T_{0}$ such that for every $B \subset A \subset[1, \ldots, n]$ the space $T_{0} E_{B} \subset\left(T_{0} E_{A},\|\cdot\|\right)^{*}$, i.e. $T_{0} E_{B}$ considered in the norm of $\left(T_{0} E_{A},\|\cdot\|\right)^{*}$, satisfies (4.4) with $t=6$, $\lambda=|A| / n$ and $\mu=|B| /|A|$. So, the basis $\left\{T_{0} e_{i, 0}=e_{i}\right\}_{i=1}^{n}$ satisfies the conditions of iii).
4.2 Define

$$
M_{r}=\int_{S^{n-1}}\|x\| d \mu(x) \quad \text { and } \quad M_{r^{*}}=\int_{S^{n-1}}\|x\|^{*} d \mu(x)
$$

LEMMA: Vo1 (Conv KUD) $\leqslant\left(1+\mathrm{M}_{\mathrm{r}^{*}}\right)^{\mathrm{n}}$ Vol D and simitarty, $\operatorname{Vol}\left(\right.$ Conv $\left.K^{*} \cup D\right) \leqslant\left(1+M_{r}\right)^{n}$ Vol D.

PROOF: As in the Step a) of the proof of Theorem 4.1, we introduce the new norm $\|\cdot\| \|_{1}$ with its unit ball $K_{1}=$ Conv $K U D$. Clearly $K_{1}^{*}=K^{*} \cap D$. Therefore

$$
M_{r_{1}^{*}}=f_{S^{n-1}}\|x\|_{1}^{*} d \mu(x)=\int \max \left(\|x\|^{*}, 1\right) d \mu(x) \leq M_{r^{*}}+1
$$

By Urysohn inequality 3.4, (U'),

$$
\left(\text { Vol } \mathrm{K}_{1} / \text { Vol } \mathrm{D}\right)^{1 / \mathrm{n}} \leqslant \mathrm{M}_{\mathrm{r}^{*}}+1
$$

The second inequality is proved similarly.

COROLLARY. If $M_{r} \cdot M_{r^{*}} \leqslant T$ then one may choose an Euclidean norm $\left(R^{n},|\cdot|\right)$ such that in Theorem 4.1 $\mathrm{v}_{1}=2$ and $\mathrm{v}_{2}=\mathrm{T}+1$ (normalize the original Euclidean norm such that $M_{r^{*}}=1$ ).
4.3 A few well known facts:
a) It was proved by [F.-T.] that the Euclidean norm $\left.\mathbb{R}^{\mathrm{n}},|\cdot|\right)$ may be choosen in a such way that

$$
M_{r} \cdot M_{r^{*}} \leqslant C_{1} \mid\left\|\operatorname{Rad}_{X}\right\|
$$

where an absolute constant $C_{1} \leqslant 27$ and $\left\|\operatorname{Rad}_{X}\right\|$ is the norm of the so called Rademacher projection of $X$ (definition and properties see, e.g., $\left[P_{2}\right]$ )
b) This quantity $\left\|\operatorname{Rad}_{X}\right\|$ is very important in Local Theory and was investigated by Pisier $\left[\mathrm{P}_{2}\right]$. He has proved that
i) for every $n$-dimensional normed space $X$

$$
\left\|\operatorname{Rad}_{X}\right\| \leqslant C_{2} \ln (n+1)
$$

for some absolute constant $\mathrm{C}_{2}$; and
for each integer $k$ there exists a constant $C_{2}(k)$ such that for every normed space X :
$\| \operatorname{Rad}_{X}| | \geqslant C(k) \quad$ implies that $X$ contains a 2 -isomorphic copy of $e_{1}^{k}$. We bring together all these facts in order to estimate $v_{1}$ and $v_{2}$ in Theorem 4.1 .
4.4 COROLLARY 1.: For every n-dimensional normed space $X$ one may always assume that in Theorem $4.1 \quad \mathrm{v}_{1}=2$ and $\mathrm{v}_{2} \leq \mathrm{C} \ell(\mathrm{n}+1)$ for some absolute constant C .

COROLLARY 2: For each integer $k$ there exists a constant $\mathrm{C}(\mathrm{k})$ depending on k only, such that for every finite dimensional normed space $x$ which does not contain a 2-isomorphic copy of $e_{1}^{k}$ all conclusions of Theorem 4.1 are satisfied for $v_{1}=2$ and $v_{2}=C(k)$.
(Proofs of both Corollaries follow immediately from 4.2, Corollary and 4.3)
4.5 The previous Corollary 2 indicates a large family of spaces which admit an exist nce of an Euclidean norm $|\cdot|$ such that the constants $v_{1}$ and $v_{2}$ defined by Theorem 4.1 are uniformly bounded. It is curious to observe that the family of $\ell_{1}^{n}$-spaces which is the worst one in the sense of the condition of Corollary 2 any way has the uniformly bounded constant $v_{1}$ and $v_{2}$. Because of this, and Theorem 4.1, the following problem arises naturally.

PROBLEM: Is it correct that there exist absolute constants $v_{1}$ and $v_{2}$ such that for every finite dimensional space $X=\left(R^{n},\|\cdot\|\right)$ there exists an Euclidean norm $\left(\mathrm{R}^{\mathrm{n}},|\cdot|\right)$ such that the conditions of Theorem 4.1 are satisfied?

## §5. PROJECTIONS ONTO EUCLIDEAN SECTIONS.

We use notations and definitions from the previous sections 1.1,2., 2.7,2.8 and 3.2. So, $X=\left(\mathbb{R}^{n}, \| \cdot| |\right), 1 / a|x| \leqslant \| x| | \leqslant b|x|, \quad K=K(X), \quad P_{\xi}$ is the orthogonal projection onto a subspace $\xi \in G_{n, m}$. Throughout this section we assume normalization of the Euclidean norm $|\cdot|$ such that $M_{r}=1$.
5.1. Let, as in 3.2, $V_{m}(K)$ be the $m-t h$ mixed volume of $K$. Define $\left(V_{m}(K) / \mathrm{Vol} D\right)^{1 / m}=A_{m}$.

THEOREM. There exists an absolute constant $c>0$ such that for every integer $\mathrm{k} \leqslant \mathrm{c} \cdot \min \left\{\mathrm{n} /\left(\mathrm{A}_{\mathrm{k}} \mathrm{b}\right)^{2}, \quad \mathrm{n}\left(\mathrm{A}_{\mathrm{k}} / \mathrm{a}\right)^{2}\right\}$ there exists a subspace $\mathrm{E}_{0} \in \mathrm{G}_{\mathrm{n}, \mathrm{k}}$ such that $1 / 2|x| \leqslant||x|| \leqslant 2|x|$ for $x \in E_{0}$ (i.e. $d\left(E_{0}, \ell_{2}^{k}\right) \leqslant 4$ ) and $n\left\{\left|P_{E_{0}}: x \rightarrow E_{0}\right| \mid \leqslant 4 A_{k}\right.$ (!Remember the normalization $M_{r}=1$ which implies, by the way, $A_{m} \geqslant 1$ for every $n \geqslant m \geqslant 1$ ).

REMARK. The main application which we mean for this Theorem is for a case of a uniformly (independent of $n$ ) bounded $A_{k} \leqslant$ Const. for some $k(n)$ satisfying the condition of the Theorem.

Of course, the existence of a set $A \subset G_{n, k}$ of a large measure (say $\mu(A)>\frac{1}{2}$ ) of $k$-dimensional subspaces satisfying the above inequalities between the norms $\|\cdot\|$ and $|\cdot|$ on them is a consequence of the statement from 2.7. The additional information about $\left\|P_{E_{0}}\right\|$ is obtained from the geometrical fact which is proved below that $P_{E_{0}} K \subset 2 A_{k}\left(D \cap E_{o}\right)$.
5.2. A proof of this fact uses a concentration measure phenomena on the following manifold of pairs

$$
V=\left\{\xi \in G_{n, k}, \quad x \in S(\xi)\right\}
$$

It is clear that $V$ is a homogeneous space under the action of $S 0(n)$. It means $V=S 0(n) / G$ for some subgroup $G$. We identify every element e $\in S 0(n)$ with an orthonormal basis $e=\left(e_{1}, \ldots, e_{n}\right)$. Then define $i: S 0(n) \rightarrow V$ by the formula ie $=\left(\xi=\operatorname{span}\left(e_{1}, \ldots e_{k}\right) ; e_{1}\right) \in V$. Introduce also a metric on $V: \rho_{v}((\xi, x) ;(n, y))=\inf \left\{\rho_{S O(n)}\left(T_{1} ; T_{2}\right): i T_{1}=(\xi, x)\right.$ and $\left.i T_{2}=(n, y)\right\} ;\left(\rho_{S O(n)}\right.$ is the standard bi-invariant Riemannian metric on $S 0(n)$; equivalently, $\rho_{S 0(n)}$ can be taken as the Hilbert-Schmidt operator metric, which is uniformly equivalent to the other one). The normalized Haar measure $\mu_{v}$ on $V$ may be defined by

$$
\mu_{v}(A \subset V)=\mu_{S 0(n)}\left\{i^{-1} A \subset S 0(n)\right\}
$$

For every subset $A$ of a metric space $(M, \rho)$ let $A_{\varepsilon}=\{x \in M: \rho(x, A) \leqslant \varepsilon\}$. It is clear that $i^{-1} A_{\varepsilon} \supset\left(i^{-1} A\right)_{\varepsilon}$. Therefore if $\mu_{v}(A \subset V) \geqslant 1 / 2$ then $\mu\left(i^{-1} A \subset S O(n)\right) \geqslant 1 / 2$ and this implies

$$
\mu_{\mathbf{v}}\left(A_{\varepsilon}\right) \geqslant \mu_{S 0(n)}\left(\left(i^{-1} A\right){ }_{\varepsilon}\right) \geqslant 1-\exp \left(-\varepsilon^{2} n / 8\right)
$$

(tne last inequality for $S 0(n)$ is known - see [G], [G.-M.]). So, the following lemma has been proved:

LEMMA. For every closed subset $A \subset V$ with $\mu(A) \geqslant 1 / 2$ and for every $\varepsilon>0$

$$
\mu\left(A_{\varepsilon}\right) \geqslant 1-\exp \left(-\varepsilon^{2} n / 8\right)
$$

5.3 STATEMENT, Let $M$ be a Borel subset of $V, A \subset G_{n, k}, \mu(A) \geqslant 1 / 2$ and let
$\varepsilon>0, \delta>0$. If for every $\xi \in A \subset G_{n, k}$ there exists $(\xi, x) \in M$ and
$\mathbf{k} \leqslant \varepsilon^{2} n / 5 \ln 1 / \delta$ then there exists $\xi^{0} \in G_{n, k}$ such that $M_{2(\varepsilon+\delta)} \supset\left(\xi^{0}, x\right)$ for every $x \in S\left(\xi^{0}\right)$.

PROOF. Use Lemma from 5.2 in a standard way. We will not repeat it because a similar reasoning has been used in 2.3. (Do not pay any attention to the numbers as 5 in this Statement or 10 in 2.3)

REMARK: Note that the proof of the Statement gives a large measure of such $\xi^{0} \in G_{n, k}$ as claimed in the Statement.
5.4 Return to the proof of Theorem 5.1. Define $P_{E} K=K_{E}$ and let $\|\cdot\|_{K_{E}}$ be the norm in the subspace $E$ with the unit ball $K_{E}$. Let

$$
t^{M}=\left\{(\xi, x) \in V: \exists y \in K \text { and } P_{\xi} y=\lambda x \text { for } \lambda \geqslant t\right\}
$$

It is clear that $(E, x) \in t^{M}$ means that $\|x\|_{K_{E}} \leqslant 1 / t$.
LEMMA. Fix $k>0$. There exists a constant $C(k)>0$ depending on $k$ only such that if $\varepsilon<C(k) \cdot \min \{1 / \mathrm{tb} ; \mathrm{t} / \mathrm{a}\}$, then $\left(_{t}{ }^{M}{ }_{\varepsilon} \subset_{(1-k) t^{M}}\right.$.

PROOF: Let $(E, x) \in t^{M}$; it meansthat there exists $y,\|y\|=1$, and $P_{E} y=z=\lambda x$ for $\lambda \geqslant t$. We divide the proof into two steps
a) Let $x^{\prime} \in S(E)$ and $\left|x-x^{\prime}\right| \leqslant \varepsilon_{1}$. It is clear that $\left.\left|\| x^{\prime}\right|\right|_{K_{E}}-||x||_{K_{E}} \mid \leqslant$
 $\leqslant(1+k) / t$ for $\varepsilon_{1}<k / t b$. So we have proved $\left\{(E, x) \in t^{M}\right.$ and $\left.\left|x-x^{\prime}\right| \leqslant \kappa / t b\right\}$ implies $\left(E, x^{\prime}\right) \in_{t / 1+K} M$.
b) Take $E^{\prime} \in G_{n, k}$ such that $\rho\left(E, E^{\prime}\right) \leqslant \varepsilon_{2}$ (which means that $\left|P_{E^{\prime}}-P_{E^{\prime}}\right| \leqslant \varepsilon_{2}$ ). There exists $T \in S O(n)$ such that $:|T-I d| \leqslant \varepsilon_{2}$ and $T^{-1} P_{E}, T=P_{E}$. We want to compute $\left|P_{E}, y\right|$ (where $y$ was defined above in terms of $x$; recall also that $P_{E} y=z$ and $\left.|T z|=|z| \geqslant t\right)$.

$$
\begin{equation*}
\left|\left|P_{E}, y\right|-|z|\right| \leqslant\left|P_{E^{\prime}} y-T P_{E} y\right|=\left|P_{E^{\prime}}(y-T y)\right| \leqslant|y-T y| \leqslant \varepsilon_{2}|y| \leqslant \varepsilon_{2} a \tag{5.1}
\end{equation*}
$$

(because $||y||=1$ implies $|y| \leqslant a$ ). Therefore $\left|P_{E}, y\right| \geqslant|z|-\varepsilon_{2} a \geqslant t-\varepsilon_{2} a$. Take $\varepsilon_{2} \leqslant \kappa t / a$ and we obtain $\left|P_{E}, y\right| \geqslant(1-k) t$. So

$$
\left.\left\{(E, x) \in t^{M} \text { and } \rho\left(E, E^{\prime}\right) \leqslant \varepsilon_{2} \leqslant x t / a\right\} \text { implies } E^{\prime}, P_{E}, y /\left|P_{E}, y\right|\right) \in(1-x) t^{M} .
$$

(add also that, by (5.1) $\left|P_{E}, y /\left|P_{E}, y\right|-x\right| \leqslant 2 k$. . The steps a) and b) imply Lemma in a trivial way.
5.5 To prove now Theorem 5.1 we use Lemma 5.4 for $t_{o}=2 A_{k}$ and $k=1 / 4$. We start from the set $A \subset G_{n, k}$ from 5.1. If for each $E \in A$ there exists $x \in S(E)$ and $(E, x) \in t_{0}{ }^{M}$ then, by Lemma 5.4, $\left(C_{t_{0}}{ }^{M}\right){ }_{\varepsilon} \subset{ }_{3 t o f} 4^{M}$. On the other side, by Statement 5.3, there exists $E_{0}$ such that $\left(E_{0}, x\right) \in 3 / 4 t_{0} M$ for every $x \in S\left(E_{0}\right)$ and so $\operatorname{Vol}_{k} K_{E_{0}} \geqslant\left(3 / 2 A_{k}\right)^{k} \cdot V_{k o l} D_{k}$. Because of the Remark in 5.3 , we may assume that there exists a set $E \subset G_{n, k}$ of large measure of subspaces, each having the same property as $E_{0}$ above. Therefore, the average of $V_{k o l_{k}} K_{E}$ over $G_{n, k}$ has to be larger than it is allowed by the formula $\left(V_{m}\right)$ from 3.2 for the mixed Volume $A_{k}$. This contradiction shows that there exists $E_{0} \in A$ such that $\left(E_{0}, x\right) \notin t_{0}{ }^{M}$ for every $x \in S\left(E_{0}\right)$ It means precisely what we have to prove, i.e. $P_{E_{0}} K \subset 2 A_{k}\left(D \cap E_{0}\right)$
5.6. Compare Theorem 5.1 with the following well known result (! remember, that we assume $M_{r}=1$ )

THEOREM [FLM]. There exists an absolute constant $c$ such that $X$ contains a $k$-dimensional subspace $E, d\left(E, l_{2}^{k}\right) \leqslant 2, k \geqslant c \min \left(n / b^{2}, n / a^{2}\right)$, and such that the orthogonat projection $P_{E}: X \rightarrow E$ has the norm $\left\|P_{E}\right\| \leqslant 2 M_{r *}$. (It is worthwhile again to recall section 4.3 ).

By Alexandrov inequalities 3.3., (A), the sequence of mixed volumes
$\left\{A_{m}\right\}_{m=1}^{n}$ is decreasing: $A_{n} \leqslant A_{m} \leqslant A_{k} \leqslant A_{1}=M_{r}$ * for every $1 \leqslant k \leqslant m \leqslant n$ and therefore the assumption $M_{r^{*}} \leqslant$ Const. implies $A_{k} \leqslant$ Const. (but not, generally, vice versa).
§6. COMPUTATION OF MIXED VOLUMES THROUGH LEVY MEAN APPROACH.

6,1. Let, as before, $1 / a|x| \leqslant||x|| \leqslant b|x|$ for $x \in \mathbb{R}^{n}$ and $K=\{x:||x|| \leqslant 1\}$, $K^{*}, M_{K}=M_{r}, M_{K^{*}}=M_{r^{*}}$, $V_{m}(K)$ have the same sense as in the previous sections. Denote also by $D_{m}$ the m-dimensional Euclidean ball and by $V o l_{m} D_{m}$ the $m$-dimensional volume of $D_{m}$. Let $E \in G_{n, k}$. It is clear that $P_{E} K$ is the unit ball of the space $X / E^{\perp}$ and this space is the dual one to $E \subset X^{*^{E}}$ (again, as before, it means that $E$ inherits the norm of $\left.X^{*}\right)$. Therefore $d\left(X / E^{\perp}, \ell_{2}^{k}\right)=d\left(E \subset X^{*}, \ell_{2}^{k}\right)$. Let

$$
M(k ; \varepsilon)=\left\{E \in G_{n, k}: \frac{1}{1+\varepsilon} M_{K^{*}}|x| \leqslant||x||^{*} \leqslant M_{K^{*}}(1+\varepsilon)|x|, \quad \forall x \in E\right\} .
$$

Apply Statement 2.7 to the dual norm $\|\cdot\| \|^{*}$. Then, for every $\varepsilon>0$ there exists $c(\varepsilon)>0$ such that for each $k \leqslant c(\varepsilon) n\left(M_{K^{*}} / a\right)^{2}$

$$
\mu(M(k ; \varepsilon)) \geqslant 1-\exp \left(-\frac{\varepsilon^{2}}{5} n\left(\frac{M_{K^{*}}}{a}\right)^{2}\right)
$$

Therefore by the monotone property of $V_{k}$ and the formula $\left(V_{m}\right)$ from 3.2

$$
\begin{equation*}
V_{k}(K) / V o l D \leqslant \frac{1}{\operatorname{Vol}_{k} D_{k}}\left[(1+\varepsilon)^{k} M_{K^{*}}^{k} \cdot \operatorname{Vol}_{k} D_{k}+a^{k} \cdot \exp \left(-\frac{\varepsilon^{2}}{5} \frac{n}{a^{2}} M_{K^{*}}^{2}\right) \cdot \operatorname{Vol}_{k^{2}} D_{k}\right] \tag{6.1}
\end{equation*}
$$

(we use the trivial fact that on the set $M(k ; \varepsilon)^{c}$ which has an exponentialy small measure, as on every subspace $\left.E \in G_{n, k}, K_{E} \subset a \cdot D \cap E\right)$. On the other side

$$
\begin{equation*}
\mathrm{V}_{\mathrm{k}}(\mathrm{~K}) / \text { VolD } \geqslant \frac{1}{(1+\varepsilon)^{k}} \cdot \mathrm{M}_{\mathrm{K}^{*}}^{\mathrm{k}}\left[1-\exp \left(-\frac{\varepsilon^{2}}{5} \frac{n}{a^{2}} M_{K^{*}}^{2}\right)\right] \tag{6.2}
\end{equation*}
$$

The estimates (6.1) and (6.2) prove the following Statement.

THEOREM. For every $\varepsilon>0$ there exists $c(\varepsilon)>0$ such that for each $\mathrm{k} \leqslant \mathrm{c}(\varepsilon) \mathrm{n} /\left(\mathrm{a} / \mathrm{M}_{\mathrm{K}^{*}}\right)^{2} \cdot \ln \mathrm{a} / \mathrm{M}_{\mathrm{K}^{*}}$ we have

$$
\frac{1}{1+\varepsilon} M_{K^{*}} \leqslant\left(V_{k}(K) / \text { VolD }\right)^{1 / k} \leqslant(1+\varepsilon) M_{K^{*}}
$$

Note, that a quantity $a / M_{K^{*}}$ may be estimated using the cotype 2 constant of $X^{*}$ (see [FLM]). For example, if $K=[1,1]^{n}$ is the cube (i.e. that $X=l_{\infty}^{n}$ and $X^{*}=\ell_{1}^{n}$ ) and $D=\left\{x \in \mathbb{R}^{n}: \sum_{1}^{n} x_{i}^{2} \leqslant 1\right\}$ is the standard Euclidean ball, then $a=\sqrt{n}$ and $M_{K^{*}}=c_{n} \sqrt{n}$ where $c_{n} \rightarrow \sqrt{2 / \pi}(n \rightarrow \infty)$. So $a / M_{K^{*}}=1 / c_{n} \rightarrow \sqrt{\pi / 2}(n \rightarrow \infty)$.
6.2 Directly generalizing Theorem 6.1, mixed volumes $V(K_{1}, K_{2}, \ldots K_{t}, \underbrace{D, \ldots, D}_{n-t})$ for central symmetric bodies $K_{i}, \quad 1 \leqslant i \leqslant t$, may be considered. Begin ${\underset{\sim}{n}}^{\boldsymbol{i}} \mathrm{t}_{\mathrm{h}}$ the following known fact.
6.2.a. LEMMA [F.] Let $\xi \in G_{n, m}$ be an m-dimensional subspace of $\mathbb{R}^{n}$ and $\xi^{\perp}$ be the orthogonal complemented to $\xi(n-m)$-dimensional subspace of $\mathbb{R}^{n}$. Let $K_{i} \subset \mathbb{R}^{n}$, $i=1, \ldots, m$, be arbitrary convex sets and $A_{j} \subset \xi^{\perp}, j=m+1, \ldots, n$ be arbitrary ( $\mathrm{n}-\mathrm{m}$ )-dimensional convex sets. Then

$$
\begin{equation*}
\binom{n}{m} V\left(K_{1}, \ldots, K_{m}, A_{m+1}, \ldots, A_{n}\right)=V\left(P_{\xi} K_{1}, \ldots, P_{\xi} K_{m}\right) \cdot V\left(A_{m+1}, \ldots, A_{n}\right) \tag{6.3}
\end{equation*}
$$

where $P_{\xi}$ is the orthogonal projection onto $\xi$.
6.2.b. COROLLARY: Let $K_{i} \subset \mathbb{R}^{n}$, $\xi$ be as in Lemma 6.2.a and $V_{m o l} D_{m}$ be the $m$-dimensional volume of the m-dimensional Euclidean ball $\mathrm{D}_{\mathrm{m}}$. Then

$$
\begin{equation*}
V(K_{1}, \ldots, K_{m}, \underbrace{D, \ldots, D}_{n-m})=\frac{V o l D}{V_{o l} 1_{m}} \cdot \int_{G_{n, m}} V\left(P_{\xi} K_{1}, \ldots, P_{\xi} K_{m}\right) d \mu(\xi) \tag{6.4}
\end{equation*}
$$

PROOF. We argue by induction over $n-m=k=1,2, \ldots$. Denote by $D(\xi)$ the Euclidean ball of the subspace $\xi$. Because $P_{\xi} D=D(\xi)$, it is enough to prove the statement for every $n \geqslant 2$ and $m=n-1$. So, we apply (6.3) for $m=n-1$ and $A_{n}=D(\xi)$. Because the mixed volume is a linear function of $A_{n}$ (with respect to the set addition - see 3.1 ), integrating (6.3) over $\xi \epsilon_{G_{n, n-1}}$ with $A_{n}=D(\xi)$ gives (6.4); (note that $\int D(\xi) d \mu(\xi)=D$ and $\int V\left(K_{1}, \ldots, K_{n-1}, D(\xi)\right) d \mu(\xi)=$ $=V\left(K_{1}, \ldots, K_{n-1}, \int D(\xi)\right)$.
6.2.c STATEMENT. Let $K_{i} \subset \mathbb{R}^{n}, \quad i=1, \ldots, m$, be unit baZZs of norms $\|\cdot\|_{i}$ and Let-for each $\mathrm{a}_{\mathrm{i}}>0$ and $\mathrm{b}_{\mathrm{i}}>0-, 1 / \mathrm{a}_{\mathrm{i}}|\mathrm{x}| \leqslant\left|\left|\mathrm{x} \|_{\mathrm{i}} \leqslant \mathrm{b}_{\mathrm{i}}\right| \mathrm{x}\right|$ for $\mathrm{x} \in \mathbb{R}^{\mathrm{n}}$ and $i=1, \ldots, m$. For every $\varepsilon>0$ there exists $c(\varepsilon)>0$ such that for each $t \leqslant c(\varepsilon) \min _{1 \leqslant i \leqslant m}\left\{n /\left(a_{i} / M_{K_{i}^{*}}\right)^{2} \cdot \ln a_{i} / M_{K_{i}^{*}}\right\} \quad$ we have

$$
\frac{1}{(1+\varepsilon)^{t}} \prod_{i=1}^{t} M_{K_{i}^{*}} \cdot V o 1 D \leqslant V(K_{1}, \ldots K_{t}, \underbrace{D \ldots D}_{n-t}) \leqslant(1+\varepsilon)^{t} \prod_{i=1}^{t} M_{K_{i}^{*}} \cdot V o 1 D .
$$

PROOF. Repeat the argument from 6.1 using Corollary 6.2.b instead of formula $\left(V_{m}\right)$ from 3.2.
6.2.d. The next Statement is a generalization of 6.2.c. and has the same proof. We use the same notation, as in 6.2.c.

STATEMENT. Let $t<c(\varepsilon) \cdot n /\left(a_{1} M_{K_{1}^{*}}\right)^{2}$ \&n $a_{1} / M_{K_{1}^{*}}$. Then

$$
\frac{1}{1+\varepsilon} \leqslant V(K_{1}, \ldots, K_{t}, \underbrace{D, \ldots D}_{n-t}) / M_{K_{1}^{*}} \cdot V\left(K_{2}, \ldots, K_{t}, \frac{D, \ldots D}{n-t+1}\right) \leqslant 1+\varepsilon
$$

§7, PROBLEMS. In addition to some problems which were discussed in Section 4 we would like to raise a few questions in the direction of a "proportional" theory.

PROBLEM 1. Is it true that there exist absolute constants $\lambda>0$ and $C>0$ such that every finite dimensional normed linear space $X$ contains a subspace $E$ such that $\operatorname{dim} \mathrm{E}>\lambda \operatorname{dim} \mathrm{X}$ and $\mathrm{E}^{*}$ has a cotype 2 with the cotype 2 constant $\mathrm{C}_{2}\left(\mathrm{E}^{*}\right) \leqslant \mathrm{C}$ ?

If this problem has the positive answer then a number of open problems in local Theory would be solved (e.g. if $X$ has a cotype $q<\infty$ with the cotype constant

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$C_{q}$ then, by Pisier's Theorem $\left[\mathrm{P}_{3}\right], \mathrm{E}$ has a type 2 with an upper bound on the type 2 constant $T_{2}(E)$ depending on $\lambda, C, q$ and $C_{q}$ but not on the dimension of $X$ ).

PROBLEM 2, Is it correct that for every $\varepsilon>0$ and $C>0$ there exists $\lambda=\lambda(\varepsilon, C)>0$ such that for each $n$ and every $X_{1}=\left(R^{n},\|\cdot\| \|_{1}\right)$ and $X_{2}=\left(R^{n},\|\cdot\| \|_{2}\right)$ with $d\left(X_{1}, X_{2}\right) \leqslant C$ there exists a $k$-dimensional subspace $E \subset \mathbb{R}^{n}$ such that $k \geqslant \lambda n$ and $d\left(E \subset X_{1}, E \subset X_{2}\right) \leqslant 1+\varepsilon$ ?

It seems reasonable to assume that the positive solution on this problem is connected with a cotype condition on $X_{1}$ (i.e. $\lambda$ depends also on $q<\infty$ and cotype $q$ constant $C_{q}(X)$ ). However, a counterexample is unknown to me even for the case of $X_{1}=\ell_{\infty}^{n}$.

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Added in proof. Since this paper was submitted, I have proved Problem 1, Section 4, in the affirmative. The proof will appear soon.

