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1979-1980

SOME ESTIMATES FOR TYPE AND COTYPE CONSTANTS
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This is a presentation of some results on type and cotype constants which were obtained in joint work with L. Tzafriri.

To fix notations, let $X$ be a Banach space, $r_{n}(t)$ be the sequence of Rademacher functions, $g_{n}(t)$ be a sequence of independent standard Gaussian variables on a probability space ( $\Omega, \mathrm{P}$ ). Given $1 \leq \mathrm{p} \leq 2 \leq \mathrm{q} \leq \infty$ and $n \in \mathbb{N}$, we define $a_{p, n}(X), b_{q, n}(X), \alpha_{p, n}(X)$ and $\beta_{q, n}(X)$ to be smallest constants such that for arbitrary $x_{1} \ldots x_{n} \in X$ the following inequalities hold

$$
\begin{aligned}
& b_{q, n}(X)^{-1}\left(\sum_{j=1}^{n}\left\|x_{j}\right\|^{q}\right)^{1 / q} \leq\left(\int_{0}^{1}\left\|\sum_{j=1}^{n} r_{j}(t) x_{j}\right\|^{2} d t\right)^{1 / 2} \leq a_{p, n}(X)\left(\sum_{j=1}^{n}\left\|x_{j}\right\|^{p}\right)^{1 / p} \\
& \beta_{q, n}(X)^{-1}\left(\sum_{j=1}^{n}\left\|x_{j}\right\|^{q}\right)^{1 / q} \leq\left(\int_{\Omega}\left\|\sum_{j=1}^{n} g_{j}(\omega) x_{j}\right\|^{2} d P(\omega)\right)^{1 / 2} \leq \alpha_{p, n}(X)\left(\sum_{j=1}^{n}\left\|x_{j}\right\|^{p}\right)^{1 / p} \text {, } \\
& \text { If } a_{p}(X)=\sup _{n} a_{p, n}(X)<\infty\left(\text { resp. } b_{q}(X)=\sup _{n} b_{q, n}(X)<\infty\right), X \text { is of (Rademacher) } \\
& \text { type } p \text { (resp. (Rademacher) cotype q). Similarly, define the Gaussian type } \\
& p \text { and cotype } q \text { constants by } \alpha_{p}(X)=\sup _{n} \alpha_{p, n}(X) \text { and } \beta_{q}(X)=\sup _{n} \beta_{q, n}(X) \text {. } \\
& \text { These quantities were investigated by Maurey and Pisier [7]. }
\end{aligned}
$$

We have for some $c$ and $c_{p}$ independent of $n$ and $X$

$$
\begin{gather*}
c_{p}^{-1} \alpha_{p, n}(X) \leq a_{p, n}(X) \leq c \alpha_{p, n}(X)  \tag{1}\\
\beta_{q, n}(X) \leq c b_{q, n}(X)
\end{gather*}
$$

The last two inequalities result immediately from

$$
\int_{0}^{1}\left\|\sum_{j=1}^{n} r_{j}(t) x_{j}\right\|^{2} d t \leq c^{2} \int_{\Omega}\left\|\sum_{j=1}^{n} g_{j}(\omega) x_{j}\right\|^{2} d P(\omega)
$$

cf. Pisier [9]. To prove the first inequality, we have by the symmetry of the $g_{j}{ }^{\prime} s$

$$
\begin{aligned}
\int_{\Omega}\left\|\sum_{j=1}^{n} g_{j}(\omega) x_{j}\right\|^{p} d P(\omega) & =\int_{0}^{1} \int_{\Omega}\left\|\sum_{j=1}^{n} r_{j}(t) g_{j}(\omega) x_{j}\right\|^{p} d P(\omega) d t \\
& \leq \int_{\Omega}\left(\int_{0}^{1} \sum_{j=1}^{n} r_{j}(t) g_{j}(\omega) x_{j} \|^{2} d t\right)^{p / 2} d P(\omega) \\
& \leq a_{p, n}(x)^{p} \int_{\Omega} \sum_{j=1}^{n}\left|g_{j}(\omega)\right|^{p}\left\|x_{j}\right\|^{p} d P(\omega) \\
& =\sim_{c}^{p}{ }_{p}^{p} a_{p, n}(X)^{p} \underset{j=1}{\sum_{j}}\left\|x_{j}\right\|^{p}
\end{aligned}
$$

The equivalence of the Gaussian $p$ - and 2-moments yields the desired inequality $\alpha_{p, n}(X) \leq c_{p} a_{p, n}(X)$.

If $X$ does not have some finite cotype, i.e. $b_{q}(X)<\infty$ for some $q<\infty$, the sequences $\beta_{q, n}(X)$ and $b_{q, n}(X)$ may be inequivalent : for $X=\ell_{\infty}^{n}$ one gets $b_{2, n}(X) \sim n^{1 / 2}$ but $\beta_{2, n}(X) \sim(n / \log n)^{1 / 2}$, cf. Figiel-LindenstraussMilman [2].

We will study the question whether the type and cotype constants of $n$-dimensional spaces $X_{n}$ can be calculated essentially by $n$ vectors, that is whether e.g.

$$
\begin{equation*}
a_{p}\left(X_{n}\right) \leq c_{p} a_{p, n}\left(X_{n}\right) \tag{2}
\end{equation*}
$$

holds, with $c_{p}$ depending only on $p$. For $p=2$ one has the

Theorem (Tomczak-Jaegermann [10]) : For any $n$-dimensional space $X_{n}$,

$$
\alpha_{2}\left(X_{n}\right) \leq 2 \alpha_{2, n}\left(X_{n}\right) \quad \text { and } \quad \beta_{2}\left(X_{n}\right) \leq 2 \beta_{2, n}\left(X_{n}\right)
$$

The proof rests upon a corresponding statement for 2-absolutely summing norms of rank $n$ operators, to which the Gaussian constants relate. Given $T: X \rightarrow Y$ and $1 \leq s \leq r<\infty$ we denote $b y \pi_{r, s}^{(n)}(T)$ the smallest constant $c$ such that for all $x_{1}, \ldots, x_{n} \in X$

$$
\left(\sum_{i=1}^{n}\left\|T x_{i}\right\|^{r}\right)^{1 / r} \leq c \sup _{\left\|x^{*}\right\|_{X^{*}} \leq 1}\left(\sum_{i=1}^{n}\left|<x^{*}, x_{i}>\right|^{s}\right)^{1 / s}
$$

Clearly $T$ is absolutely ( $r, s$ )-summing, $T \in \pi_{r, s}(X, Y)$ iff
$\pi_{r, s}(T)=\sup _{n} \pi_{r, s}^{(n)}(T)<\infty$. For $T: \ell_{2}^{n} \rightarrow X$, let
$\ell(T):=\left(\int_{\Omega}\left\|\sum_{i=1}^{n} g_{i}(\omega) T e_{i}\right\|^{2} d P(\omega)\right)^{1 / 2}$ where $e_{i}$ are the unit vectors in $\ell_{2}^{n} ; \ell$ has ideal norm properties.

The following lemma relates the Gaussian constant and (q,2)absolutely summing norms. It is due to Tomczak-Jaegermann [10] (for $\mathrm{p}=2=\mathrm{q}$, the generalization of the argument to $\mathrm{p}<2<\mathrm{q}$ is easy), for more details cf. also Peđ̆czynski [8].

Lemma 1 : Let $X$ be a Banach space, $1 \leq p \leq 2 \leq q \leq \infty, p^{\prime}=p /(p-1)$ and $n \in \mathbb{N}$. Then

$$
\begin{aligned}
& \beta_{q, n}(X)=\sup \left\{\pi_{q, 2}^{(n)}(T) \mid T: \ell_{2}^{n} \rightarrow X \quad \text { with } \ell(T) \leq 1\right\} \\
& \alpha_{p, n}(X)=\sup \left\{\ell(S) \mid S: \ell_{2}^{n} \rightarrow X \text { with }\left(\pi_{p^{\prime}, 2}^{(n)}\right)^{*}\left(S^{*}\right) \leq 1\right\} .
\end{aligned}
$$

Here $\binom{(n)}{p^{\prime}, 2}^{*}$ denotes the adjoint ideal norm to $\pi_{p^{\prime}, 2}^{(n)}$.

Concerning problem (2) for $p \neq 2 \notin q$ we have the following positive answer

Theorem 1 Let $1<\mathrm{p}<2<\mathrm{q}<\infty$. There is $\mathrm{c}_{\mathrm{q}} \leq \mathrm{c} /(\mathrm{q}-2)$ such that for any $n \in \mathbb{N}$ and any $n$-dimensional space $X_{n}$

$$
\alpha_{p}\left(X_{n}\right) \leq c_{p}, \alpha_{p, n}\left(X_{n}\right) \quad \text { and } \quad \beta_{q}\left(X_{n}\right) \leq c_{q} \beta_{q, n}\left(X_{n}\right)
$$

and by (1), $a_{p}\left(X_{n}\right) \leq d_{p}, a_{p, n}\left(X_{n}\right)$.

Theorem 1 results immediately from lemma 1 and proposition 1 below which we want to derive :
$\left[\frac{\text { Proposition } 1}{}\right.$ : For any $q>2$, there is $c_{q} \leq c /(q-2)$ such that for any $n \in \mathbb{N}$ and any rank $n$ operator $T: X \rightarrow Y$

$$
\pi_{q, 2}(T) \leq c_{q} \pi_{q, 2}^{(n)}(T)
$$

Defining the approximation numbers of $T: X \rightarrow Y$ by

$$
\alpha_{j}(T):=\inf \left\{\left\|T-T_{j}\right\| \| T_{j}: X \rightarrow Y \quad \text { of } \operatorname{rank}<j\right\} \quad, \quad j \in \mathbb{N}
$$

we let for $0<r \leq \infty$

$$
\begin{aligned}
S_{r}(X, Y) & =\left\{T: X \rightarrow Y \mid \sigma_{r}(T):=\left(\sum_{j=1}^{\infty} \alpha_{j}(T)^{r}\right)^{1 / r}<\infty\right\} \\
S_{2,1}(X, Y) & =\left\{T: X \rightarrow Y \mid \sigma_{2,1}(T):=\sum_{j=1}^{\infty} \alpha_{j}(T) j^{-1 / 2}<\infty\right\} \quad .
\end{aligned}
$$

Thus $\sigma_{2,1}(T)$ is the norm of $\left(\alpha_{j}(T)\right){ }_{j \in \mathbb{N}}$ in the Lorentz sequence space $\ell_{2,1}$ which can be written as a real interpolation space between $\ell_{q}$-spaces; in particular $\ell_{2,1}=\left(\ell_{1}, \ell_{\infty}\right)_{\frac{1}{2}, 1}$, cf. [1].
$\underline{\text { Proof of proposition } 1}:$ Since $\pi_{q, 2}(T)=\sup \left\{\pi_{q, 2}(T A): A: \ell_{2} \rightarrow X,\|A\| \leq 1\right\}$, it suffices to prove the statement for maps $T: \ell_{2}^{n} \rightarrow Y$. We will show

$$
\begin{equation*}
\pi_{q, 2}(T) \leq c_{q} \sigma_{q}(T) \leq c_{q} \pi_{q, 2}^{(n)}(T) \tag{3}
\end{equation*}
$$

$\frac{\text { Step } 1}{}$ : We define inductively an orthonormal basis $\left(e_{j}\right)_{j=1}^{n}$ of $\ell_{2}^{n}$ with $\alpha_{j}(T) \leq\|T e\|$. For $j=1$, choose $e_{1}$ of norm one such that $\alpha_{1}(T)=\|T\|=\left\|T e_{1}\right\| \cdot I f \quad j<n$ orthonormal vectors have been found, let $Y_{j}:=\left[e_{1}, \ldots, e_{j}\right]$ and $P_{j}: \ell_{2}^{n} \rightarrow Y_{j} \subseteq \ell_{2}^{n}$ be the orthogonal projection. Thus

$$
\alpha_{j+1}(T) \leq\left\|T-T P_{j}\right\|=\left\|\left.T\right|_{Y_{j}^{\perp}}\right\|
$$

Hence there is $e_{j+1} \in Y_{j}^{\perp}$ of norm one such that $\alpha_{j+1}(T) \leq\left\|T e_{j+1}\right\|$. Since rank $T \leq n, \alpha_{k}(T)=0$ for $k>n$. This yields

$$
\sigma_{q}(T)=\left(\sum_{j=1}^{n} \alpha_{j}(T)^{q}\right)^{1 / q} \leq\left(\sum_{j=1}^{n}\left\|T e_{j}\right\|^{q}\right)^{1 / q} \leq \pi_{q, 2}^{(n)}(T)
$$

the right side inequality in (3).

Step 2 : We show $S_{2,1}(X, Y) \leq \pi_{2}(X, Y)$ for any $X$ and $Y$. Taking $S \in S_{2,1}(X, Y)$ choose $D_{j}: X \rightarrow Y$ of $r$ ank $D_{j}<2^{j}$ with $\left\|S-D_{j}\right\| \leq 2 \alpha_{2}(S)$, $j=0,1, \ldots\left(D_{o}=0\right) . \operatorname{Let} S_{j}=D_{j+1}-D_{j} . \operatorname{Then} S=\sum_{j=0}^{\infty} S_{j},\left\|S_{j}\right\| \leq 4 \alpha_{2}(S)$ and rank $S_{j}<2^{j+2}$. Since the 2 -absolutely summing norm of the identity on an n-dimensional space is $n^{1 / 2}$, we infer

$$
\begin{aligned}
\pi_{2}\left(\sum_{j=0}^{N} S_{j}\right) & \leq \sum_{j=0}^{N} \pi_{2}\left(S_{j}\right) \leq \sum_{j=0}^{N}\left\|S_{j}\right\| 2^{j / 2+1} \\
& \leq 16 \sum_{j=0}^{N} 2^{j / 2-1} \alpha_{2^{j}}(S) \\
& \leq 16 \sum_{k=1}^{\infty} k^{-1 / 2} \alpha_{k}(S)=16 \sigma_{2,1}(S)
\end{aligned}
$$

Thus $S$ is 2 -summing with $\pi_{2}(S) \leq 16 \sigma_{2,1}(S)$.

Step 3 : The K-functional of the real interpolation theory [1] satisfies

$$
\begin{equation*}
K\left(t, T ; S_{1}(X, Y), S_{\infty}(X, Y)\right) \sim K\left(t,\left(\alpha_{j}(T)\right)_{j=1}^{\infty} ; \ell_{1}, \ell_{\infty}\right) \tag{4}
\end{equation*}
$$

Here $S_{\infty}=\mathcal{L}=$ all continuous linear maps. By definition of the $K$-functional,

$$
\begin{aligned}
& K\left(t, T ; S_{1}, S_{\infty}\right): \\
&=\inf \left\{\sum_{j \in \mathbb{N}} \alpha_{j}\left(T_{t}\right)+t\left\|T-T_{t}\right\| \mid T_{t}: X \rightarrow Y\right\} \\
& \geq \inf \left\{\sum_{j=1}^{[t]}\left(\alpha_{j}\left(T_{t}\right)+\left\|T-T_{t}\right\|\right)\right\} \geq \sum_{j=1}^{[t]} \alpha_{j}(T) \\
& \sim K\left(t,\left(\alpha_{j}(T)\right)_{j=1}^{\infty} ; \ell_{1}, \ell_{\infty}\right) \quad,
\end{aligned}
$$

for the last equivalence cf. [1]. For $t \geq 1$, choose $T_{t}: X \rightarrow Y$ with rank $T_{t}<[T]$ and $\left\|T-T_{t}\right\| \leq 2 \alpha_{L t]}(T)$. Then

$$
\alpha_{j}\left(T_{t}\right) \leq \alpha_{j}(T)+\left\|T-T_{t}\right\| \leq 3 \alpha_{j}(T)
$$

for all $j<[t]$ and $\alpha_{j}\left(T_{t}\right)=0$ for $j \geq[t]$, hence

$$
\begin{aligned}
K\left(t, T ; S_{1}, S_{\infty}\right) & \leq \sum_{j=1}^{[t]} \alpha_{j}\left(T_{t}\right)+t\left\|T-T_{t}\right\| \\
& \leq 3 \sum_{j=1}^{[t]}\left(\alpha_{j}(T)+\alpha_{[t]}(T)\right) \leq 6 \sum_{j=1}^{L t]} \alpha_{j}(T)
\end{aligned}
$$

which proves (4).

Step 4 : Since $\ell_{2,1}=\left(\ell_{1}, \ell_{\infty}\right)_{\frac{1}{2}, 1}$, the equivalence (4) yields $S_{2,1}(X, Y)=\left(S_{1}(X, Y), S_{\infty}(X, Y)\right)_{\frac{1}{2}, 1}$. Let $q>2, \frac{1}{q}=\frac{1-\theta}{2}$ and $\eta=\frac{1}{2}(1+\theta)$. Then by the reiteration theorem [1]

$$
\begin{equation*}
\left.\left(S_{2,1}(X, Y)\right), S_{\infty}(X, Y)\right)_{\theta, q}=\left(S_{1}(X, Y), S_{\infty}(X, Y)\right)_{\eta, q}=S_{q}(X, Y) \tag{5}
\end{equation*}
$$

where the last equality follows from (4) and $\left(\ell_{1}, \ell_{\infty}\right) \eta_{\mathrm{q}}, \ell_{\mathrm{q}} . \quad$ It is an easy consequence from

$$
\ell_{q}(x)=\left(\ell_{2}(X), \ell_{\infty}(X)\right)_{\theta, q} \quad, \quad \frac{1}{q}=\frac{1-\theta}{2}, \quad 0<\theta<1
$$

that

$$
\left(\pi_{2}(X, Y), \mathscr{L}(X, Y)\right)_{\theta, q} \leq \pi_{q, 2}(X, Y)
$$

This, (5) and step 2 show $S_{q}(X, Y) \leq \pi_{G, 2}(X, Y)$ for any $q>2$ and thus $\pi_{q, 2}(T) \leq c_{q} \sigma_{q}(T)$ for any $T \in S_{q}(X, Y)$, where $c_{q}$ depends only on $q>2$;
the bound $c_{q} \leq c /(q-2)$ can be derived by checking the constants occuring in the reiteration theorem. This proves the left side in (3) and thus proposition 1 .

As a corollary to the proof we note a fact which is false for $\mathrm{q}=2 \quad:$

Corollary 1 : For any $2<q<\infty$ and any Banach space $Y$

$$
\pi_{q, 2}\left(\ell_{2}, Y\right)=S_{q}\left(\ell_{2}, Y\right)
$$

Corollary 2 : For any $2<q<\infty$, there is $c_{q}$ such that for any $n \in \mathbb{N}$ and any rank $n$ operator $T: X \rightarrow Y$

$$
\pi_{q, 1}(T) \leq c_{q} \pi_{q, 1}^{(n)}(T)
$$

$\underline{\text { Proof }: ~ I t ~ i s ~ w e l l-k n o w n ~ t h a t ~}$

$$
\begin{aligned}
\pi_{q, 1}(T) & =\sup \left\{\pi_{q, 1}(T A) \mid\left\|A: \ell_{\infty} \rightarrow X\right\| \leq 1\right\} \\
& \leq \sup \left\{\pi_{q, 2}(T A) \mid\left\|A: \ell_{\infty} \rightarrow X\right\| \leq 1\right\} \\
& \leq c_{q} \sup \left\{\pi_{q, 2}^{(n)}(T A) \mid\left\|A: \ell_{\infty} \rightarrow X\right\| \leq 1\right\}
\end{aligned}
$$

By Maurey [6], the ( $q, 1$ )- and ( $q, 2$ )-absolutely summing norms are equivalent on $\pi_{q, 1}\left(\ell_{\infty}, Y\right)$; the argument does not depend on the number of vectors considered. Thus

$$
\pi_{q, 1}(T) \leq d_{q} \sup \left\{\pi_{q, 1}^{(n)}(T A) \mid\left\|A: \ell_{\infty} \rightarrow X\right\| \leq 1\right\} \leq d_{q} \pi_{q, 1}^{(n)}(T)
$$

Theorem 1 gives no answer to the question whether the (Rademacher) cotype constants on $n$-dimensional spaces $X_{n}$ can be calculated by $n$ vectors, i.e. whether

$$
b_{q}\left(X_{n}\right) \leq c_{q} b_{q, n}\left(X_{n}\right)
$$

does hold or not. We only have a partial answer :
[Proposition 2 $:$ Let $q>2$. There is $c_{q}>0$ such that for any $n \in \mathbb{N}$ and any $n$-dimensional space

$$
\begin{equation*}
b_{q}\left(X_{n}\right) \leq c_{q} \beta_{q, n}\left(X_{n}\right)\left(\log b_{q, n}\left(X_{n}\right)\right)^{1 / 2} \tag{6}
\end{equation*}
$$

and thus by (1)

$$
\begin{equation*}
b_{q}\left(X_{n}\right) \leq c_{q} b_{q, n}\left(X_{n}\right)\left(\log b_{q, n}\left(X_{n}\right)\right)^{1 / 2} . \tag{7}
\end{equation*}
$$

$\underline{\text { Remark }}: \quad c_{q}$ can be bounded by $c \sqrt{q}$ as $q$ tends to $\infty$.

We postpone the proof of proposition 2. It is well-known, Maurey-Pisier [7], that a Banach space $X$ has some finite cotype $q<\infty$ if it has type $p$ for some $p>1$. More quantitative information is given in

Theorem 2 : Let $p>1, p^{\prime}=p /(p-1)$ and $X$ be a Banach space.
(a) If dim $X=2^{n}$ and $q=2+2^{p^{\prime}} a_{p, n}(X)^{p^{\prime}}$, then $b_{q}(X) \leq 2$.
(b) If $X$ has type $p>1$, it has cotype $q$ for $q=2+2^{p^{\prime}} \quad a_{p}(X)^{p^{\prime}}$.
$\underline{\text { Proof }: ~ C l e a r l y ~ i t ~ s u f f i c e s ~ t o ~ p r o v e ~ p a r t ~(a) . ~}$
Step 1 : Let $\operatorname{dim} X=2^{n}$ and $\left\{z_{i}\right\}_{i \in \mathbb{N}}$ be dense in $X$. Denote the span of $\left\{r_{i}(t) z_{i}\right\}_{i \in \mathbb{N}}$ in $L_{p}(X)$ by $Z$. Then $\left\{r_{i}(t) z_{i}\right\}_{i \in \mathbb{N}}$ is a 1-unconditional basis of $Z$. We now use a Shimogaki-Pisier-type argument : define $\gamma_{j}$ to be the smallest constant such that for any sequence ( $\left.u_{i}\right)_{i=1}^{j} \subseteq Z$ of pairwise disjoint elements (relative to the lattice structure inherited from the 1 -unconditional basis $\left(r_{i}(t) z_{i}\right){ }_{i \in \mathbb{N}}$ of $\left.Z\right)$ one has

$$
\inf _{1 \leq i \leq j}\left\|u_{i}\right\|_{Z} \leq \gamma_{j}\left\|\sum_{i=1}^{j} u_{i}\right\|_{Z}
$$

Then $1=\gamma_{1} \geq \gamma_{2} \geqslant \cdots$ and $\gamma_{j k} \leq \gamma_{j} \gamma_{k}$ for all $j$ and $k$ in $\mathbb{N}$, $\mathbf{c f}$. LindenstraussTzafriri $\lfloor 5]$, p. 91. Given $m \in \mathbb{N}$, choose $\left\{\mathbf{w}_{\mathbf{i}}\right\}_{i=1}^{2^{m}}$ such that

$$
\inf _{1 \leq i \leq 2^{m}}\left\|w_{i}\right\|_{Z}=1 \quad, \quad\left\|\sum_{i=1}^{2^{m}} \quad w_{i}\right\|_{Z}=\frac{1}{V_{2}^{m}}
$$

It is a consequence of the 1 -unconditionality of $\left\{r_{i}(t) z_{i}\right\}$ in $Z$ that we may assume w.l.o.g. $\left\|w_{i}\right\|_{Z}=1$ for all $i=1, \ldots, 2^{m}$ and moreover

$$
\left.\sup _{1 \leq i \leq 2^{m}}\left|c_{i}\right| \leq\left\|\sum_{i=1}^{2^{m}} c_{i} w_{i}\right\|_{Z} \leq \frac{1}{\gamma} \sup _{2^{m}}\left|\leq i \leq 2^{m}\right| c_{i} \right\rvert\,
$$

for all scalar sequences $\left(c_{i}\right) \in \mathbf{R}^{2^{m}}$. Thus $\operatorname{span}\left[w_{i}\right]$ is $\frac{1}{\gamma_{2} m}$ isomorphic to $\ell_{\infty}^{2^{m}}$ which contains (in the real case) isometrically $\ell_{1}^{m}$. Thus there are $v_{1}, \ldots, v_{m} \in Z$ (which can be realized as the Rademacher elements over the
$\left\{\mathbf{w}_{\mathbf{i}}\right\}$ ) such that

$$
\begin{equation*}
\sum_{i=1}^{m}\left|c_{i}\right| \leq\left\|\sum_{i=1}^{m} c_{i} \quad v_{i}\right\|_{Z} \leq \frac{1}{\gamma 2^{m}} \sum_{i=1}^{m}\left|c_{i}\right| \tag{8}
\end{equation*}
$$

for all scalar sequences ( $c_{i}$ ). It is well-known and easily checked by integral inequalities that $a_{p, m}(X)=a_{p, m}\left(L_{p}(X)\right) \geq a_{p, m}(Z)$. Integrating (8) with $c_{i}=r_{i}(t)$, we get

$$
\begin{gather*}
m \leq\left(\int_{0}^{1}\left\|\sum_{i=1}^{m} r_{i}(t) v_{i}\right\|_{Z}^{p} d t\right)^{1 / p} \leq a_{p, m}(X) \frac{1}{\gamma_{2} m^{m}} m^{1 / p} \\
\gamma_{2^{m}} \leq a_{p, m}(X) m^{-1 / p^{\prime}} \tag{9}
\end{gather*}
$$

Step $2:$ We first consider the case $a_{p, n}(X) n^{-1 / p^{\prime}} \geq 1 / 2$. Then $q:=2+2^{p^{\prime}} a_{p, n}(X)^{p^{\prime}} \geq 2+n>n$. If follows from

$$
b_{2}\left(\ell_{2}^{2^{n}}\right)=1 \text { and } d\left(x, \ell_{2}^{2^{n}}\right) \leq 2^{n / 2}
$$

that $b_{2}(X) \leq 2^{n / 2}$. An interpolation argument shows

$$
b_{q}(x) \leq b_{2}(x)^{2 / q} \leq 2^{n / q}<2
$$

Step 3 : We now derive the same conclusion in the other case $a_{p, n}(X) n^{-1 / p^{\prime}}<1 / 2$, for the same value of $q$. Let $\left(y_{i}\right)_{i=1}^{l} \subseteq X$ be an arbitrary finite sequence. We may assume that $\left\|y_{i}\right\|$ is non-increasing. Since the $\left(z_{i}\right)_{i=1}^{\infty}$ were dense in $X$,

$$
\left\|y_{j}\right\|=\inf _{1 \leq i \leq j}\left\|y_{i}\right\| \leq \gamma_{j}\left(\int_{0}^{1}\left\|\sum_{i=1}^{j} r_{i}(t) y_{i}\right\|^{p} d t\right)^{1 / p}
$$

holds for all j. Hence
and thus

$$
\begin{aligned}
\left(\sum_{j}\left\|y_{j}\right\|^{q}\right)^{1 / q} & \leq\left(\sum_{j} \gamma_{j}^{q}\right)^{1 / q}\left(\int_{0}^{1}\left\|\sum_{i} r_{i}(t) y_{i}\right\|^{p} d t\right)^{1 / p} \\
& \leq\left(\sum_{j} \gamma_{j}^{q}\right)^{1 / q}\left(\int_{0}^{1}\left\|\sum_{i} r_{i}(t) y_{i}\right\|^{2} d t\right)^{1 / 2}
\end{aligned}
$$

$$
\mathrm{b}_{\mathrm{q}}(\mathrm{X}) \leq\left(\sum_{j} \gamma_{j}^{q}\right)^{1 / q}
$$

Let $k$ be the first integer $\leq n$ such that

$$
Y_{2} k^{\leq} a_{p, n}(X) k^{-1 / p^{\prime}} \leq 1 / 2
$$

Then

$$
\begin{aligned}
\left(\sum_{j=1}^{\infty} \gamma_{j}^{q}\right)^{1 / q} & \leq 2^{k / q}\left(\sum_{i=0}^{\infty} 2^{i k} \gamma_{2^{q}}^{q}\right)^{1 / q} \\
& \leq 2^{k / q}\left(\sum_{i=0}^{\infty} \quad 2^{i k} \underset{\gamma^{i q}}{i q}\right)^{1 / q} \\
& \leq 2^{k / q}\left(\sum_{i=0}^{\infty}\left(\frac{1}{2^{q-k}}\right)^{i}\right)^{1 / q} \leq 2^{k / q} 2^{1 / q} \leq 2 .
\end{aligned}
$$

Note here $k-1 \leq 2^{p^{\prime}} a_{p, n}(X)^{p^{\prime}}$ and thus $k+1 \leq q$ as well as $q-k \geq 1$. Hence $b_{q}(X) \leq 2$ in the second case, too.
$\underline{\text { Example }}:$ The value of $q=2+2^{p^{\prime}} a_{p}(X)^{p^{\prime}}$ may be slightly improved: choosing $c=e^{1 / p^{\prime}}$ instead of $c=2 i n{ }_{p, n}(X) n^{-1 / p^{\prime}} \geqslant c^{-1}$, one gets that $X$ is of type $q$ for any $q>p^{\prime} \ln 2+\left(e p^{\prime} \ell \ell_{n} 2\right) a_{p}(X)^{p^{\prime}}$. However, in general this value of $q$ has to be at least as large as $q \geq e a_{p}(X)^{p}$ as shown by $X=L_{r}(\mu), r>2$ : clearly $X$ is not of cotype $q$ for $q<r$. On the other hand, $a_{p}(X) \leq a_{2}(X)^{2 / p^{\prime}} \leq B_{r}^{1 / p^{\prime}}$ where $B_{r}$ is the Khintchin constant for Rademacher $r$-averages. By the estimates of Hagerup [3], $B_{r} \sim r / e$ as r $\rightarrow \infty$.

If $T: X \rightarrow Y$ factors through a Hilbert space, let $Y_{2}(T)$ denote the factorization norm.

Corollary 3 : Assume $X$ is a Banach space of type 2. Let $\varepsilon=\left(\begin{array}{l}6 \\ a_{2}\end{array}(X)^{2}\right)^{-1}$. Then onto any $n$-dimensional subspace $X_{n}$ of $X$ there is a projection $P_{n}$ with

$$
\gamma_{2}\left(P_{n}\right) \leq 8 a_{2}(X) n^{1 / 2-\varepsilon} .
$$

In particular, one has for the relative projection constant of $X_{n}$ in $X$ and the Banach-Mazur distance to Hilbert space

$$
\begin{aligned}
& \lambda_{X}\left(X_{n}\right) \leq 8 a_{2}(X) n^{1 / 2-\varepsilon} \\
& d\left(X_{n}, X\right) \leq 8 a_{2}(X) n^{1 / 2-\varepsilon} .
\end{aligned}
$$

$\underline{\text { Proof }}:$ It is known (cf. [4]) that there is a projection $P_{n}: X \rightarrow X_{n}$ with

$$
Y_{2}\left(P_{n}\right) \leq 4 a_{2}(X) \beta_{2}\left(X_{n}\right)
$$

Since $\beta_{2}\left(X_{n}\right) \leq b_{2}\left(X_{n}\right) \leq n^{1 / 2-1 / q} b_{q}\left(X_{n}\right)$, theorem 2 implies for $q=6 a_{2}(X)^{2} \geq 2+2^{2} a_{2}(X)^{2}$ that $\beta_{2}\left(X_{n}\right) \leq 2 n^{1 / 2-\varepsilon}$.

## Remarks :

(1) The existence of an $\varepsilon>0$ as in corollary 3 is an open problem in spaces of type $p>1$. Theorem 2 yields a positive answer for small type $p$ constants and values $p$ near 2 : if

$$
\begin{equation*}
a_{p}(X)<\left(\frac{2(p-1)-(2-p) \ell_{n} 2}{e(2-p) l_{n} 2}\right)^{1 / p^{\prime}} \tag{10}
\end{equation*}
$$

corollary 3 holds for $X$ and $\varepsilon=\frac{1}{2}-\left(\frac{1}{p}-\frac{1}{r}\right)(>0)$ where $r>p^{\prime} \ln 2+\left(e p^{\prime} \ln 2\right) a_{p}(X)^{p^{\prime}}$. This condition makes sense only if the right side of (9) is $>1$ which means $p>1.56$.
(2) In general estimates of the form $b_{2}\left(X_{n}\right) \leq c f\left(a_{2}\left(X_{n}\right)\right) n^{1 / 2-\varepsilon}$, $\varepsilon>0$, and $f: \mathbb{R}^{+} \rightarrow \mathbb{R}^{+}$increasing, $f$ cannot be of polynomial growth because necessarily $n^{\varepsilon} \leq d f\left(\sqrt{\ell_{n} n}\right)$ for some $d>0$ : take $X_{n}=\ell_{r}^{n}, \quad r=\ell_{n} n>2$ to see this, $a_{2}\left(X_{n}\right) \leq \sqrt{r}, n^{1 / 2-1 / r} \leq b_{2}\left(X_{n}\right)$.

Proof of proposition $2:$ The proof is a combination of ideas of MaureyPisier [7], p. 68 and the proof of theorem 2. We will show for dim $X_{n}=n$, $q>2, n>2^{q} b_{q, n}\left(X_{n}\right)^{q}$ and any finite sequence $\left(z_{i}\right)_{i=1}^{m} \subseteq X \quad$ :

$$
\begin{equation*}
\left(\int_{\Omega}\left\|\sum_{i=1}^{m} g_{i}(\omega) z_{i}\right\|^{2} d P(\omega) \leq\left(c_{q}^{2} \log \left(b_{q, n}\left(X_{n}\right)+1\right)\right)\left(\int_{\Omega}\left\|\sum_{i=1}^{m} r_{i}(t) z_{i}\right\|^{2} d t\right)\right. \tag{11}
\end{equation*}
$$

Theorem 1 and inequalities (1) and (11) yield

$$
\begin{aligned}
b_{q}\left(X_{n}\right) & \leq c_{q}\left\{\log \left(b_{q, n}\left(X_{n}\right)+1\right)\right\}^{1 / 2} \beta_{q}\left(X_{n}\right) \\
& \leq c_{q}^{\prime}\left\{\log \left(b_{q, n}\left(X_{n}\right)+1\right)\right\}^{1 / 2} \beta_{q, n}\left(X_{n}\right) \\
& \leq c_{q}^{\prime \prime}\left\{\log \left(b_{q, n}\left(X_{n}\right)+1\right)\right\}^{1 / 2} b_{q, n}\left(x_{n}\right) .
\end{aligned}
$$

In the case $n \leq 2^{q} b_{q, n}\left(X_{n}\right)^{q}$ the same estimate is trivial, since. necessarily $b_{q}\left(X_{n}\right) \leq n^{1 / q}$ and thus

$$
b_{q \underline{q}}\left(X_{n}\right) \leq 2 b_{q, n}\left(X_{n}\right)
$$

Thus it suffices to prove (11). Let $\left(z_{i}\right)_{i=1}^{m} \subseteq X$ be given,
$Z=\operatorname{span}\left\{r_{i}(t) z_{i}\right\}_{i=1}^{m} \subseteq L_{2}\left(X_{n}\right)$. Define $\left(\gamma_{j}\right)_{j=1}^{m}$ as in the proof of theorem 2. Let $k=\left[2^{q} b_{q, n}\left(X_{n}\right)^{q}\right]+1$. Then for any $\operatorname{set}\left(v_{i}\right)_{i=1}^{k} \subseteq Z$ of pairwise disjoint vectors

$$
\left(\inf _{1 \leq i \leq k}\left\|v_{i}\right\|\right) k^{1 / q} \leq\left(\sum_{i=1}^{k}\left\|v_{i}\right\|_{Z}^{q} 1 / q \leq b_{q, n}\left(X_{n}\right)\left\|\sum_{i=1}^{k} v_{i}\right\|_{Z}\right.
$$

since $\mathrm{b}_{\mathrm{q}, \mathrm{n}}(\mathrm{Z}) \leq \mathrm{b}_{\mathrm{q}, \mathrm{n}}\left(\mathrm{X}_{\mathrm{n}}\right)$. Thus

$$
\gamma_{k} \leq b_{q, n}\left(X_{n}\right) k^{-1 / q} \leq 1 / 2
$$

Let $r=2 \log _{2} k$. Then, with $\gamma_{j}=0$ for $j>m$

$$
\begin{aligned}
\left(\sum_{j=1}^{m} \gamma_{j}^{r}\right)^{1 / r} & \leq k^{1 / r}\left(\sum_{j=0}^{\infty} k^{j} \gamma_{k}^{r j}\right)^{1 / r} \\
& \leq k^{1 / r}\left(\sum_{j=0}^{\infty}\left[k / 2^{r}\right]^{j}\right)^{1 / r} \leq 2
\end{aligned}
$$

This implies for arbitrary pairwise disjoint vectors $\left(v_{j}\right)_{j=1}^{m}$ in $Z$,

$$
\begin{equation*}
\left(\sum_{j=1}^{m}\left\|v_{j}\right\|_{Z}^{r}\right)^{1 / r} \leq 2\left\|\sum_{j=1}^{m} v_{i}\right\|_{Z} \tag{12}
\end{equation*}
$$

Define a map $T: l_{\infty}^{m} \rightarrow Z$ by $\left(a_{i}\right)_{i=1}^{m} \mapsto \sum_{i=1}^{m} a_{i} r_{i}(t) z_{i}$. Then $T i s$ a positive map relative to the lattice structure on $Z$ inherited from the 1-unconditional basis $\left(r_{i}(t) z_{i}\right)_{i=1}^{m}$ of $Z$. By Lindenstrauss-Tzafriri [5], p. 84 and 55, (12) implies for $a^{(j)} \in \ell_{\infty}^{m}$

$$
\begin{aligned}
\left(\sum_{j=1}^{m}\left\|T^{(j)}\right\|_{Z}^{r}\right)^{1 / r} & \leq 2\left\|\sum_{j=1}^{m}\left|T a^{(j)}\right|\right\|_{Z} \\
& \leq 2\|T\|\left\|\sum_{j=1}^{m}\left|a^{(j)}\right|\right\|_{\infty}
\end{aligned}
$$

and thus $\pi_{r, 1}\left(T: \ell_{\infty}^{m} \rightarrow Z\right) \leq 2\|T\|$. Since $T$ is defined on $l_{\infty}^{m}$, one has by Maurey [6]

$$
\pi_{2 r}(T) \leq c / 2 \pi_{r, 1}(T)
$$

for some absolute constant $c$ (even independent of $r$ ). Thus $\pi_{2 r}(T) \leq c\|T\|$.
The Pietsch factorization theorem yields the existence of a sequence $\delta_{i} \geq 0$ with $\sum_{i=1}^{m} \delta_{i}=1$ and

$$
\begin{aligned}
\left\|T\left(a_{i}\right)_{i=1}^{m}\right\| & \leq \pi_{2 r}(T)\left(\sum_{i=1}^{m}\left|a_{i}\right|^{2 r} \delta_{i}\right)^{1 / 2 r} \\
& \leq c\|T\|\left(\sum_{i=1}^{m}\left|a_{i}\right|^{2 r} \delta_{i}\right)^{1 / 2 r}
\end{aligned}
$$

Integrating this inequality with $a_{i}=g_{i}(\omega)$ gives

$$
\begin{align*}
& \left(\int_{\Omega} \int_{0}^{1}\left\|\sum_{i=1}^{\infty} g_{i}(\omega) r_{i}(t) z_{i}\right\|^{2} d t d P(\omega)\right)^{1 / 2} \\
& \left.\quad \leq c\|T\|\left(\left.\int_{\Omega} \underset{i=1}{m}\left|\sum_{i}^{m}\right|(\omega)\right|^{2 r} \delta_{i}\right)^{2 / 2 r} d P(\omega)\right)^{1 / 2} \\
& \quad \leq c\|T\|\left(\int_{\Omega} \sum_{i=1}^{m}\left|g_{i}(\omega)\right|^{2 r} \delta_{i} d P(\omega)\right)^{1 / 2 r} \\
& \quad \leq c\|T\|\left\|g_{1}\right\|_{2 r} \tag{13}
\end{align*}
$$

Now $\left\|g_{1}\right\|_{2 r} \leq c^{\prime} \sqrt{r}$ and $\|T\|=\left(\int_{0}^{1}\left\|\sum_{i=1}^{m} r_{i}(t) x_{i}\right\|^{2} d t\right)^{1 / 2}$. The left side of (13) is nothing but the Gaussian average

$$
\left(\int_{\Omega}\left\|\sum_{i=1}^{m} g_{i}(\omega) x_{i}\right\|^{2} d P(\omega)\right)^{1 / 2} \text {. This proves (11) since } r \sim q \log b_{q, n}\left(x_{n}\right)
$$

Remark : Inequality (6) of proposition 2 is asymptotically optimal, in general : let $X_{n}=\ell_{\infty}^{n}$ and $q=2$. Then

$$
b_{q}\left(X_{n}\right) \sim b_{q, n}\left(X_{n}\right) \sim n^{1 / 2}, \quad \beta_{q, n}\left(X_{n}\right) \sim(n / \log n)^{1 / 2}
$$

cf. [2]. It seems unknown, however, whether (7) could be improved to $b_{q}\left(X_{n}\right) \leq c_{q} b_{q, n}\left(X_{n}\right)$.

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