

## BANACH SPACES WITH A WEAK COTYPE 2 PROPERTY

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### ABSTRACT

We study the Banach spaces  $X$  with the following property: there is a number  $\delta$  in  $]0, 1[$  such that for some constant  $C$ , any finite dimensional subspace  $E \subset X$  contains a subspace  $F \subset E$  with  $\dim F \geq \delta \dim E$  which is  $C$ -isomorphic to a Euclidean space. We show that if this holds for some  $\delta$  in  $]0, 1[$  then it also holds for all  $\delta$  in  $]0, 1[$  and we estimate the function  $C = C(\delta)$ . We show that this property holds iff the “volume ratio” of the finite dimensional subspaces of  $X$  are uniformly bounded. We also show that (although  $X$  can have this property without being of cotype 2)  $L_2(X)$  possesses this property iff  $X$  is of cotype 2. In the last part of the paper, we study the  $K$ -convex spaces which have a dual with the above property and we relate it to a certain extension property.

In [5], it is proved that every Banach space  $X$  of cotype 2 enjoys the following property:

- For each  $\varepsilon > 0$ , there is a number  $\delta_0 = \delta_0(\varepsilon) > 0$  such that, every finite dimensional subspace  $E \subset X$  contains a subspace
- (\*)  $F \subset E$  of dimension  $\dim F \geq \delta_0 \dim E$  which is  $(1 + \varepsilon)$ -isomorphic to a Euclidean space.

Conversely, this property implies that  $X$  is of cotype  $q$  for every  $q > 2$ . However, the paper [5] also includes an example due to W. B. Johnson showing that the preceding property (\*) does *not* imply that  $X$  is of cotype 2.

In the present note, we will investigate the above property (\*) in more detail. We will give an equivalent formulation which resembles the notion of “cotype 2”, from which it will follow easily that, if  $p \leq 2$ ,  $L_p(X)$  has the above property iff  $X$  is of cotype 2.

Furthermore, we will be concerned by the following related question:

Consider a space  $X$  with the above property (\*) and fix a number  $\delta$  in  $]0, 1[$  (with  $\delta > \delta_0$ ). Is it true that every finite dimensional  $E \subset X$  contains a subspace  $F \subset E$  of dimension  $\dim F \geq \delta \dim E$  which is  $C_\delta$ -isomorphic to a Euclidean space, where  $C_\delta$  is a number depending on  $\delta$  only?

We will answer this question affirmatively (giving an estimate of  $C_\delta$  when  $\delta \rightarrow 1$ ) and we will also show that the above property (\*) is equivalent to the following:

(\*\*)  $\left\{ \begin{array}{l} \text{There is a constant } A \text{ such that every finite dimensional subspace } E \subset X \\ \text{satisfies } \text{vr}(E) \leq A, \text{ where } \text{vr}(E) \text{ denotes the "volume ratio"} \\ \text{in the sense of [23], which is defined below.} \end{array} \right.$

For a finite dimensional (in short f.d.) space  $E$ , let us denote by  $B_E$  the unit ball of  $E$  and let  $\xi_E$  be the maximal volume ellipsoid included in  $B_E$ ; then the "volume ratio" of  $E$  is defined as

$$\text{vr}(E) = \left( \frac{\text{vol}(B_E)}{\text{vol}(\xi_E)} \right)^{1/n}, \quad \dim E = n.$$

The proof of the implication  $(*) \Rightarrow (**)$  is closely related to the recent paper [1]. There, it is proved that every cotype 2 space possesses the preceding property (\*\*). Our proof is different from the one in [1], and yields a somewhat stronger statement even in the case when  $E$  is of cotype 2.

Recall that by the results of [10] (or [5]), if a f.d. space  $E$  is  $C$ -isomorphic to a Euclidean space, then it contains for each  $\varepsilon > 0$  a subspace  $F \subset E$  which is  $(1 + \varepsilon)$ -isomorphic to a Euclidean space and of dimension  $\dim F \geq \delta'' \dim E$  where  $\delta'' > 0$  is a number depending only on  $C$  and  $\varepsilon > 0$ . Therefore, in the above property (\*) we may as well take  $\varepsilon$  fixed (say  $\varepsilon = 1$ ). In the sequel, we will denote by  $P_S$  the orthogonal projection onto a subspace  $S$  of a Hilbert space.

Let us recall the definition of the Banach-Mazur distance between two spaces  $E, F$  which are isomorphic:  $d(E, F) = \inf\{\|T\| \|T^{-1}\|\}$  where the infimum runs over all isomorphisms  $T: E \rightarrow F$ .

We will almost always consider the distance to a Euclidean space  $d(F, l_2^{\dim F})$  and we will use the abbreviated notation

$$d_F = d(F, l_2^{\dim F}).$$

We then introduce the following number for a Banach space  $X$  and for  $0 < \delta < 1$ :

$$d_X(\delta) = \sup_{\substack{E \subset X \\ \text{f.d.}}} \inf \{d_F \mid F \subset E, \dim F \geq \delta \dim E\}.$$

In other words,  $d_X(\delta)$  is the smallest constant  $C$  such that every f.d. subspace  $E \subset X$  contains a subspace  $F \subset E$  with  $\dim F \geq \delta \dim E$  such that  $d_F \leq C$ . (Note that  $d_X(\delta)$  may be infinite.) Our main result is the following theorem.

**THEOREM 1.** *Let  $X$  be a space such that  $d_X(\delta_0) < \infty$  for some  $\delta_0$  in  $]0, 1[$ . Then  $d_X(\delta) < \infty$  for all  $\delta$  in  $]0, 1[$ . Moreover, we have an estimate of the form*

$$(1) \quad d_X(\delta) \leq C'(1 - \delta)^{-1} |\text{Log}(C'(1 - \delta)^{-1})| \quad \forall \delta \in ]0, 1[$$

for some constant  $C'$  (depending only on  $\delta_0$  and  $d_X(\delta_0)$ ). For the constant  $C'$ , we will obtain the estimate

$$C' \leq \beta' d_X(\delta_0) \delta_0^{-1}$$

for some numerical constant  $\beta'$ .

We will then deduce from Theorem 1

**THEOREM 2.** *The following properties of a Banach space  $X$  are equivalent.*

- (i)  $d_X(\delta_0) < \infty$  for some  $\delta_0$  in  $]0, 1[$ .
- (ii) There is a constant  $A$  such that  $\text{vr}(E) \leq A$  for all f.d. subspaces  $E$  of  $X$ .

**REMARK.** The preceding theorem, together with known facts about spaces with a bounded volume ratio, has the following consequence:

Let  $X$  be a space such that  $d_X(\delta_0) < \infty$  for some  $\delta_0$  in  $]0, 1[$ . Then every f.d. subspace  $E$  of  $X$  has a basis  $(e_1, \dots, e_n)$  such that for any  $\delta$  in  $]0, 1[$  and any  $A \subset \{1, \dots, n\}$  with  $|A| \leq \delta n$  the vectors  $\{e_i \mid i \in A\}$  span a subspace  $F_A$  satisfying  $d_{F_A} \leq C(\delta)$ , where  $C(\delta)$  is a constant depending only on  $\delta$ .

For the proof of Theorem 1, we need to introduce some notations:

For any operator  $u : l_2^n \rightarrow X$ , we define

$$I(u) = \left( \int \|u(\alpha)\|^2 d\gamma_n(\alpha) \right)^{1/2}$$

where  $\gamma_n$  denotes the canonical Gaussian measure on  $\mathbf{R}^n$ . For any bounded operator  $u : l_2 \rightarrow X$ , we let

$$I(u) = \sup\{I(uv) \mid v : l_2^n \rightarrow l_2, n \in \mathbf{N}, \|v\| \leq 1\}.$$

For more details on this definition, cf. e.g. [4]. We recall that the  $k$ -th approximation number, denoted by  $a_k(u)$ , of an operator  $u$  between Banach

spaces is the distance of  $u$  to the set of operators of rank less than  $k$ . In the proof of Theorem 1, we will use the next result.

**THEOREM 3.** *Under the same assumption as in Theorem 1, there is a constant  $C''$  such that, for every  $n$  and every  $u : l_2^n \rightarrow X$ , there is a subspace  $S \subset l_2^n$  of codimension less than  $k$  such that*

$$\|u|_S\| \leq C'' k^{-1/2} l(u).$$

*In other words, we have*

$$(2) \quad \sup_{k \geq 1} k^{1/2} a_k(u) \leq C'' l(u).$$

*Moreover, we will obtain the following bound for the constant  $C'' \leq \beta d_X(\delta_0) \delta_0^{-1}$  for some numerical constant  $\beta$ .*

**REMARK.** It is well known, cf. [16], that there is a numerical constant  $B$  such that, for any operator  $u$ ,

$$\pi_2(u) \leq B \sum_{k \geq 1} k^{-1/2} a_k(u).$$

Hence, if  $u$  is of rank  $n$ ,

$$(3) \quad \pi_2(u) \leq B' \text{Log}(n + 1) \sup_{k \geq 1} k^{1/2} a_k(u),$$

for some numerical constant  $B'$ .

Therefore, it follows from (2) and (3) that, for any  $n$ -dimensional subspace  $E \subset X$  and any  $u : l_2 \rightarrow E$ , we have

$$\pi_2(u) \leq C'' B' \text{Log}(n + 1) l(u).$$

This means that the Gaussian cotype 2 constant of  $E$  is majorized by  $C'' B' \text{Log}(n + 1)$ . In particular, we recover the known fact (cf. [5]) that any space satisfying (\*) must be of cotype  $q$  for all  $q > 2$ .

Let us recall the following known fact.

**LEMMA 4.** *Let  $F$  be a Banach space and let  $u : l_2^k \rightarrow F$  be an operator. Then, for any  $m$ , there is a subspace  $S \subset l_2^k$  with  $\dim S > k - m$  such that*

$$\|u|_S\| \leq m^{-1/2} d_F l(u).$$

**PROOF.** By an easy inductive argument, there is an orthonormal basis  $(e_i)$  of

$l_2^k$  such that  $\|ue_i\| \cong a_i(u) \forall i = 1, \dots, k$ . We have then

$$\left(\sum a_i(u)^2\right)^{1/2} \cong \left(\sum \|ue_i\|^2\right)^{1/2}$$

hence

$$\cong d_F l(u).$$

Therefore,

$$a_m(u) \cong m^{-1/2} d_F l(u),$$

which is equivalent to the conclusion of Lemma 4.

q.e.d.

PROOF OF THEOREM 3. Consider  $u : l_2^n \rightarrow X$ . Clearly, by an obvious perturbation argument, we may assume that  $\ker u = \{0\}$ . Let  $\alpha = \delta_0/2$  and let  $E = u(l_2^n)$ . It is obviously no loss of generality to assume that  $\alpha = 1/K$  for some integer  $K$  and that  $n = K^m$  for some integer  $m$ . In this way, we avoid all the irrelevant problems of divisibility. By the definition of  $d_X(\delta_0)$ , there is a subspace  $F \subset E$  with  $\dim F = \delta_0 n$  and  $d_F \cong d_X(\delta_0)$ . Applying Lemma 4 to  $u|_{u^{-1}F}$ , we find a subspace  $S_1 \subset l_2^n$  with  $\dim S_1 = \alpha n$  such that

$$\|u|_{S_1}\| \cong d_X(\delta_0)(\alpha n)^{-1/2} l(u).$$

Note that  $\dim S_1^\perp = (1 - \alpha)n$ . We then repeat the above construction with  $S_1^\perp$  in the place of  $l_2^n$ .

We find  $S_2 \subset S_1^\perp$  with  $\dim S_2 = \alpha(1 - \alpha)n$  and

$$\|u|_{S_2}\| \cong d_X(\delta_0)l(u)(\alpha(1 - \alpha)n)^{-1/2}.$$

Next, we replace  $S_1^\perp$  by  $(S_1 \oplus S_2)^\perp$  and repeat the construction. After  $t$  steps, we find pairwise orthogonal subspaces  $S_1, \dots, S_t$  such that  $\sum_{i=1}^t \dim S_i = [1 - (1 - \alpha)^t]n$  and

$$\|u|_{S_i}\| \cong d_X(\delta_0)l(u)[\alpha(1 - \alpha)^{i-1}n]^{-1/2}.$$

This implies

$$\begin{aligned} \|u|_{S_1 \oplus \dots \oplus S_t}\| &\cong \left(\sum_1^t \|u|_{S_i}\|^2\right)^{1/2} \\ &\cong \alpha^{-1/2} d_X(\delta_0)l(u)n^{-1/2} \left(\sum_0^{t-1} (1 - \alpha)^{-i}\right)^{1/2} \\ &\cong d_X(\delta_0)\alpha^{-1}l(u)n^{-1/2}(1 - \alpha)^{-(t-1)/2}. \end{aligned}$$

Now let  $k$  be any integer  $\cong n$ . Let  $k_t = \text{codim}(S_1 \oplus \dots \oplus S_t) = (1 - \alpha)^t n$ . Finally

consider the smallest  $t$  such that  $k_t < k$  and let  $S = S_1 \oplus \dots \oplus S_r$ . Then  $\text{codim } S < k$  and (since  $k_{t-1} \geq k$ )  $\|u_{|S}\| \leq d_X(\delta_0)\alpha^{-1}l(u)k^{-1/2}$ . This completes the proof of Theorem 3.

COROLLARY 5. *For a Banach space  $X$ , the following properties are equivalent:*

- (i)  $\exists \delta_0 \in ]0, 1[$  such that  $d_X(\delta_0) < \infty$ .
- (ii)  $\exists \delta \in ]0, 1[$ ,  $\exists C < \infty$  such that

$$\forall n \forall u : l_2^n \rightarrow X \quad a_{[\delta n]}(u) \leq Cn^{-1/2}l(u).$$

(iii) *There is a constant  $C$  such that, for all compact operators  $u : l_2 \rightarrow X$ , we have*

$$\sup_k k^{1/2} a_k(u) \leq Cl(u).$$

Moreover, these properties imply the following one:

(iv) *There is a constant  $C$  such that, for any finite sequence  $(x_i)_{i \leq n}$  such that*

$$(4) \quad \forall (\alpha_i) \in \mathbb{R}^n \quad \sup |\alpha_i| \leq \left\| \sum \alpha_i x_i \right\|,$$

we have

$$(5) \quad \sqrt{n} \leq C \left( \int_{\mathbb{R}^n} \left\| \sum \alpha_i x_i \right\|^2 \gamma_n(d\alpha) \right)^{1/2}.$$

PROOF. The proof that (i)  $\Rightarrow$  (ii)  $\Rightarrow$  (iii) is implicit in the proof of Theorem 3. Let us show that (iii)  $\Rightarrow$  (i). The proof follows by a well-known argument. Given an  $n$ -dimensional subspace  $E \subset X$ , we know that there is an isomorphism  $u : l_2^n \rightarrow E$  such that  $\|u\| \leq 1$  and  $\pi_2(u^{-1}) \leq \sqrt{n}$ . It follows that for any  $S \subset l_2^n$  of dimension  $> n - k$  we have

$$\sqrt{n - k} = \pi_2(\text{Id}_S) \leq \|u_{|S}\| \pi_2(u^{-1}) \leq \sqrt{n} \|u_{|S}\|$$

hence  $\|u_{|S}\| \geq (1 - k/n)^{1/2}$  so that  $a_k(u) \geq (1 - k/n)^{1/2}$ . Taking  $k = [n/2]$ , we deduce from (iii) that  $l(u) \geq C^{-1}[n/2]^{1/2} 2^{-1/2}$ . Then (recalling that  $\|u\| \leq 1$ ), we deduce immediately from the results of [5] that there is a subspace  $F \subset E$  with  $\dim F \geq \delta_0 n$  and  $d_F \leq 2$  where  $\delta_0 = \beta \cdot C^{-2}$  for some numerical constant  $\beta$ . This proves that (iii)  $\Rightarrow$  (i). Finally, let us show that (iii)  $\Rightarrow$  (iv). Consider  $(x_i)_{i \leq n}$  in  $X$  satisfying (4). Let  $E$  be the span of  $(x_i)_{i \leq n}$ . Consider  $u : l_2^n \rightarrow E$  defined by  $u(\alpha) = \sum \alpha_i x_i \quad \forall \alpha \in \mathbb{R}^n$ . Then, clearly  $u^{-1}$  satisfies  $\pi_2(u^{-1}) \leq \sqrt{n}$  (indeed  $u^{-1} = iv$  where  $v : E \rightarrow l_2^n$  satisfies  $\|v\| \leq 1$  by (4) and  $i : l_2^n \rightarrow l_2^n$  is the identity map).

Now, if we assume (iii),  $\exists S \subset l_2^n$  such that

$$\dim S = [n/2] \quad \text{and} \quad \|uP_S\| \leq C(2n^{-1})^{1/2}l(u).$$

Hence, we have

$$\begin{aligned} [n/2] = \dim S &= \text{tr}(u^{-1}uP_S) \\ &\leq \pi_2(u^{-1})\pi_2(uP_S) \\ &\leq n \|uP_S\| \\ &\leq Cn^{1/2}2^{1/2}l(u). \end{aligned}$$

Finally, we have  $l(u) \geq (4C)^{-1}n^{1/2}$  (at least for  $n$  large enough), which establishes that (iii)  $\Rightarrow$  (iv).

REMARK. Using the results of [20], it is easy to give the following application of the preceding corollary: Let  $S$  be a  $K$ -convex subspace of a Banach space  $X$ , then, if  $X$  possesses the property (\*) above, the same is true for the quotient  $X/S$ .

COROLLARY 6. Let  $1 \leq p \leq 2$ . A Banach space  $X$  is of cotype 2 iff there is a  $\delta$  in  $]0, 1[$  such that  $d_{L_p(X)}(\delta) < \infty$ .

PROOF. It is well known and easy to prove that  $X$  is of cotype 2 iff  $L_p(X)$  is of cotype 2. Moreover, by [5] every cotype 2 space possesses the property (\*). Therefore, the "only if" part is already known. Let us prove the "if" part. Assume that  $L_p(X)$  satisfies the property (i) in Corollary 5. Then it must satisfy (iv) in the same statement. Let us denote by  $(r_n)$  the Rademacher functions.

Let us consider the subspace of  $L_p(X)$  formed by all the functions of the form  $\sum_1^n r_i x_i$  ( $n \in \mathbb{N}$ ,  $x_i \in X$ ). We denote by  $\text{Rad}(X)$  the closure of this space in  $L_p(X)$ .

Note that if  $\|x_i\| \geq 1$  for  $i = 1, \dots, n$ , we have

$$\sup |\alpha_i| \leq \left\| \sum \alpha_i r_i x_i \right\|_{L_p(X)}.$$

Hence, by the property (iv),

$$\begin{aligned} \sqrt{n} &\leq C \left( \int \left\| \sum \alpha_i r_i x_i \right\|_{L_p(X)}^2 d\gamma_n(\alpha) \right)^{1/2} \\ &\leq C \left( \int \left\| \sum r_i \alpha_i x_i \right\|_{L_2(X)}^2 d\gamma_n(\alpha) \right)^{1/2}. \end{aligned}$$

By symmetry and homogeneity, this leads to

$$\sqrt{n} \inf_{i \leq n} \|x_i\| \leq C \left( \int \left\| \sum \alpha_i x_i \right\|^2 d\gamma_n(\alpha) \right)^{1/2}$$

It is known that this last inequality implies that  $X$  is of cotype 2 (cf. e.g. the argument included in the paper [6] p. 2). q.e.d.

**REMARK.** Note that we only need that  $\text{Rad}(X)$  satisfies (\*) to conclude that  $X$  is of cotype 2.

We now come to the proof of Theorem 1. We will use the following result.

**PROPOSITION 7.** *There is a function  $\psi : ]0, 1[ \rightarrow \mathbf{R}_+$  with the following property:*

*Let  $X$  be a Banach space, let  $v : X \rightarrow l_2^n$  be an operator, then, for each  $\varepsilon$  in  $]0, 1[$ , there is a subspace  $S \subset X$  such that  $\text{codim } S < \varepsilon n$  and*

$$\|v|_S\| \leq \psi(\varepsilon) n^{-1/2} l(v^*).$$

*Moreover,  $\psi(\varepsilon)$  tends to infinity as  $O(\varepsilon^{-1})$  when  $\varepsilon \rightarrow 0$ .*

This result was proved in [12] in an essentially equivalent formulation. It is enough for our purposes in the sequel. However, to obtain better estimates, it is worthwhile to note that in [15] an essentially sharp improvement is obtained on the order of growth of the function  $\psi$ , namely  $\psi(\varepsilon)$  is  $O(\varepsilon^{-1/2})$  when  $\varepsilon \rightarrow 0$ . The latter result can then be reformulated as follows: there is a constant  $C$  such that, for all operators  $u : l_2^n \rightarrow X$  and for all  $k$ , there is a subspace  $S \subset X^*$  of codimension less than  $k$  such that  $\|u^*|_S\| \leq Ck^{-1/2} l(u)$ . This corresponds to an estimate similar to the one in Theorem 3 but with the so-called Kolmogorov numbers of  $u$  (see e.g. [16]), instead of the approximation numbers of  $u$ .

In the appendix at the end of this paper we include a proof of a slight refinement of Proposition 7.

We now turn to the proof of Theorem 1. Let  $E$  be a Banach space. Then for any operator  $v : E \rightarrow l_2^n$ , we define the dual norm to  $l$

$$l^*(v) = \sup\{\text{tr}(vu) \mid u : l_2^n \rightarrow E, l(u) \leq 1\}.$$

We need to recall two facts.

**FACT 1.** For any  $n$ -dimensional space  $E$ , there is an isomorphism  $u : l_2^n \rightarrow E$  such that  $l(u) = l^*(u^{-1}) = \sqrt{n}$ .

This is a result due to Lewis [8], applied to the  $l$ -norm, as done previously in [4].



FACT 2. There is an absolute constant  $K$  such that, for all  $u : l_2^n \rightarrow E$ , we have

$$l(u) \leq l^*(u^*)K \text{Log}(1 + d_E).$$

This follows from the fact that the  $K$ -convexity constant (using here Gaussian variables instead of the Rademacher functions) is majorized by  $K \text{Log}(1 + d_E)$  for some absolute constant  $K$ . For a proof of the latter, we refer the reader to [18] or [14]. Once this has been clarified, Fact 2 is merely a reformulation of the fact that the orthogonal projection onto the span of independent Gaussian random variables has norm less than  $K \text{Log}(1 + d_E)$  on the space  $L_2(E)$ ; see [4] for more details.

PROOF OF THEOREM 1. Let  $X$  be such that  $d_X(\delta_0) < \infty$ . We will use the property obtained in Theorem 3. Let  $\delta$  be any number in  $]0, 1[$  and let  $\varepsilon = 1 - \delta$ . Let  $E$  be any  $n$ -dimensional subspace of  $X$ .

Using Fact 1 above, we find an isomorphism  $u : l_2^n \rightarrow E$  such that  $l(u) = l^*(u^{-1}) = \sqrt{n}$ . By Theorem 3, there is a subspace  $H \subset l_2^n$  such that  $\text{codim } H \leq \frac{1}{2}\varepsilon n$  such that

$$(6) \quad \|u|_H\| \leq C''(2/\varepsilon)^{1/2} n^{-1/2} l(u).$$

We will denote by  $|\cdot|$  the Euclidean norm on  $l_2^n$ . We now introduce a number  $\rho > 0$  (to be specified later) and we equip the space  $E$  with a new norm defined simply by

$$\forall x \in E \quad \|x\|_\rho = \|x\| + \rho |u^{-1}x|.$$

Let  $E_1 = u(H) \subset E$ . By (6), we have

$$(7) \quad \forall x \in E_1 \quad \rho |u^{-1}x| \leq \|x\|_\rho \leq (C''(2/\varepsilon)^{1/2} + \rho) |u^{-1}x|.$$

Let us denote by  $E_1^\rho$  the space  $E_1$  equipped with the norm  $\|\cdot\|_\rho$ . By (7), we have

$$d_{E_1^\rho} \leq 1 + C''(2/\varepsilon)^{1/2} \rho^{-1}.$$

Let us denote by  $j : E_1^\rho \rightarrow E_1$  the inclusion map (i.e. the identity operator). Obviously,  $\|j\| \leq 1$ , hence by the ideal property

$$l^*(u^{-1}j) \leq l^*(u^{-1}) = \sqrt{n}.$$

By Fact 2, it follows that

$$l((u^{-1}j)^*) \leq A_\rho \sqrt{n}$$

with  $A_\rho = K \text{Log}(2 + C''(2/\varepsilon)^{1/2} \rho^{-1})$ .

We now apply Proposition 7 to the operator  $v = u^{-1}j: E_1^{\rho} \rightarrow l_2^n$ . This implies that there is a subspace  $S \subset E_1^{\rho}$  with  $\text{codim } S \leq \frac{1}{2}\varepsilon n$  such that

$$\|u^{-1}j|_S\| \leq \psi(\varepsilon/2)A_{\rho}.$$

This means that

$$\forall x \in S \quad (\psi(\frac{1}{2}\varepsilon)A_{\rho})^{-1}|u^{-1}x| \leq \|x\| + \rho|u^{-1}x|$$

hence

$$(\psi(\frac{1}{2}\varepsilon)A_{\rho})^{-1}\{1 - \rho A_{\rho}\psi(\frac{1}{2}\varepsilon)\}|u^{-1}x| \leq \|x\|.$$

We now observe that ( $\delta$  and hence  $\varepsilon = 1 - \delta$  remaining fixed) we have  $\rho A_{\rho} \rightarrow 0$  when  $\rho \rightarrow 0$ . Therefore, we can choose  $\rho = F(\delta)$  (a function of  $\delta$  only) such that

$$(8) \quad \rho A_{\rho}\psi(\varepsilon/2) = \frac{1}{2}.$$

We have then

$$(9) \quad \forall x \in S \quad \rho|u^{-1}x| \leq \|x\|.$$

In the other direction, since  $S \subset E_1^{\rho}$ , we have by (6)

$$(10) \quad \forall x \in S \quad \|x\| \leq C''(2/\varepsilon)^{1/2}|u^{-1}x|.$$

Finally, let us consider  $S$  as a subspace of  $E$  and let us denote by  $\tilde{S} \subset E$  the corresponding normed space. By (9) and (10), we have

$$(11) \quad d_{\tilde{S}} \leq \rho^{-1}C''(2/\varepsilon)^{1/2}.$$

Moreover  $\dim \tilde{S} = \dim S \geq \dim E_1 - \frac{1}{2}\varepsilon n$ , hence

$$\dim \tilde{S} \geq n - \varepsilon n = \delta n.$$

Let us now come back to the function  $\rho = F(\delta)$  determined implicitly by (8). We have

$$\rho\psi(\varepsilon/2)K \log(2 + C''(2/\varepsilon)^{1/2}\rho^{-1}) = \frac{1}{2}.$$

Let  $\rho = t(\varepsilon/2)^{1/2}$ . Using the fact [15] that  $(\frac{1}{2}\varepsilon)^{1/2}\psi(\frac{1}{2}\varepsilon)$  remains bounded when  $\varepsilon \rightarrow 0$ , we find that  $t = (2/\varepsilon)^{1/2}F(\delta)$  satisfies for some constant  $C_1$

$$tC_1 \text{Log}(2 + 2C''/\varepsilon t) \geq \frac{1}{2}$$

and this implies, for some numerical constant  $C_2 > 0$ ,

$$t \geq C_2/|\text{Log}(C''/\varepsilon)| \quad \text{when } \varepsilon \rightarrow 0.$$

Finally, substituting in (11), we obtain

$$d_{\delta} \leq \frac{C_3 C''}{(1-\delta)} \left| \text{Log} \frac{C''}{1-\delta} \right|$$

for some numerical constant  $C_3$ , when  $\delta \rightarrow 1$ .

Equivalently,  $d_x(\delta) \leq C_3 C'' (1-\delta)^{-1} |\text{Log} C'' (1-\delta)^{-1}|$ , which completes the proof of Theorem 1.

In the sequel, we will need to recall the notations in use for the so-called entropy numbers and Gelfand numbers of a compact operator  $u : X \rightarrow Y$  between Banach spaces (cf. e.g. [16]).

For any compact subset  $K \subset Y$ , we denote by  $N(K, \varepsilon)$  the smallest number of open balls of radius  $\varepsilon$  which cover  $K$ .

We then define

$$e_k(u) = \inf\{\varepsilon > 0 \mid N(u(B_X), \varepsilon) \leq 2^k\}.$$

Moreover, we define

$$c_k(u) = \inf\{\|u|_F\| \mid F \subset E, \text{codim } F < k\}.$$

Note that we have obviously

$$c_k(u) \leq a_k(u).$$

We now pass to the proof of Theorem 2. We will first establish the following result.

**THEOREM 8.** *Let  $E$  be an  $n$ -dimensional space. Assume that there is a constant  $C$  and  $\alpha > 0$  such that, for all  $k \leq n$ , there is a subspace  $F \subset E$  of codimension less than  $k$  such that*

$$d_F \leq C(n/k)^\alpha.$$

*Let  $v : E \rightarrow l_2^n$  be an operator. We have then*

$$(12) \quad e_n(v) \leq C \rho_\alpha \frac{\pi_2(v)}{\sqrt{n}}$$

*where  $\rho_\alpha$  is a constant depending only on  $\alpha$ .*

*Consequently,*

$$(13) \quad \left( \frac{\text{vol}(v(B_E))}{V_n} \right)^{1/n} \leq 2C \rho_\alpha \pi_2(v) n^{-1/2}$$

*where  $V_n$  denotes the volume of the  $n$ -dimensional Euclidean ball.*

To prove Theorem 8 we will use the following lemma due to Carl [2]. We sketch the proof for the convenience of the reader.

LEMMA 9. For each  $\alpha > 0$ , there is a constant  $\lambda_\alpha$  such that every operator  $v : E \rightarrow F$  between Banach spaces satisfies:

$$(14) \quad \forall n \quad \sup_{k \leq n} k^\alpha e_k(v) \leq \lambda_\alpha \sup_{k \leq n} k^\alpha c_k(v).$$

PROOF. Note that we may embed  $F$  into an  $L_\infty$  space (isometrically) without changing the left-hand side of (14). Now, if  $F = L_\infty$  then  $c_k(v) = a_k(v)$  (by the extension property of  $L_\infty$ ) so that it is enough to prove (14) with  $a_k(v)$  in the place of  $c_k(v)$ .

Let us assume that  $\sup_{k \leq n} k^\alpha a_k(v) \leq 1$ , and that  $n = 2^N$ . Then for every  $m \leq N$ , there is an operator  $v_m$  such that

$$\text{rank}(v_m) < 2^m \quad \text{and} \quad \|v - v_m\| \leq 2^{-m\alpha}.$$

Let  $v_0 = 0$ . Then

$$v = \sum_{m=1}^N (v_m - v_{m-1}) + v - v_N.$$

Let  $\Delta_m = v_m - v_{m-1}$ . We have

$$(15) \quad \text{rank}(\Delta_m) < 2^{m+1} \quad \text{and} \quad \|\Delta_m\| \leq 2^{-(m-1)\alpha} \cdot 2.$$

Let  $K = v(B_E)$ , let  $K_m = \Delta_m(B_E)$ , and let  $\varepsilon_m > 0$ , to be specified later. Since the dimension of  $K_m$  is majorized by (15), we find, using a classical estimate (cf. e.g. [5] p. 58),

$$\forall \varepsilon > 0 \quad N(K_m, \varepsilon \|\Delta_m\|) \leq (1 + 2\varepsilon^{-1})^{2^{m+1}}.$$

Observe that for  $0 < r < 1$ , we have

$$\forall \varepsilon > 0 \quad \forall d \in \mathbb{N} \quad (1 + 2/\varepsilon)^d \leq \exp(2/\varepsilon)^d r^{-1}.$$

Hence, since  $K \subset \sum_{m=1}^N K_m + (v - v_N)(B_E)$ ,

$$\begin{aligned} N\left(K, \sum_{m=1}^N \varepsilon_m \|\Delta_m\| + 2^{-N\alpha}\right) &\leq \prod_{m=1}^N N(K_m, \varepsilon_m \|\Delta_m\|) \\ &\leq \exp \sum_{m=1}^N 2^{m+1} r^{-1} (2\varepsilon_m^{-1})^r. \end{aligned}$$

Now, consider a number  $\beta > \alpha$  and  $r$  such that  $0 < r < 1$  and  $r < 1/\beta$ . Let  $\lambda$  be any positive number. We take  $\varepsilon_m = \lambda 2^{m\beta} 2^{-N\beta}$ .

By elementary computations, we find constants  $\rho'$  and  $\rho''$  depending only on  $\alpha, \beta$  and  $r$  such that

$$N(K, \lambda \rho' 2^{-N\alpha}) \leq \exp \lambda^{-r} \rho'' 2^N.$$

Choosing  $\lambda^{-r} = (\rho'')^{-1} \text{Log } 2$ , we finally obtain

$$e_n(v) \leq \lambda_\alpha n^{-\alpha}$$

for some constant  $\lambda_\alpha$  depending only on  $\alpha$  (we take for instance  $\beta = 2\alpha$  and  $r = (2\alpha + 1)^{-1}$ ).

Note that we also obtain an estimate of the form

$$e_{\lfloor \delta n \rfloor}(v) \leq \lambda_\alpha \delta^{-1/r} n^{-\alpha}$$

for  $0 < \delta < 1$ .

By homogeneity, we have proved that

$$\forall n \geq 1 \quad n^\alpha e_n(v) \leq \lambda_\alpha \sup_{k \leq n} k^\alpha c_k(v)$$

which is equivalent to (14).

PROOF OF THEOREM 8. We first recall that if  $w$  is an operator between two Hilbert spaces, then  $\pi_2(w)$  coincides with the Hilbert-Schmidt norm of  $w$ , or equivalently

$$\pi_2(w) = \left( \sum_k a_k(w)^2 \right)^{1/2} \quad (\text{cf. e.g. [16]}).$$

It follows that for any  $w : F \rightarrow l_2^n$  we have

$$(16) \quad \left( \sum a_k(w)^2 \right)^{1/2} \leq d_F \pi_2(w).$$

Now consider  $v : E \rightarrow l_2^n$  as in Theorem 8. Let  $F \subset E$  be a subspace such that  $\text{codim } F < k$  and  $d_F \leq C(n/k)^\alpha$ . Then, by (16) we have

$$k^{1/2} a_k(v|_F) \leq d_F \pi_2(v|_F) \leq d_F \pi_2(v).$$

Therefore, there is a subspace  $F_1 \subset F$  such that  $\dim F - \dim F_1 < k$  for which

$$\|v|_{F_1}\| \leq d_F k^{-1/2} \pi_2(v).$$

This implies

$$c_{2k}(v) \leq d_F k^{-1/2} \pi_2(v).$$

Therefore

$$\sup_{k \leq n} k^{\alpha+1/2} c_k(v) \leq C 2^{\alpha+1/2} n^\alpha \pi_2(v).$$

By Lemma 9

$$e_n(v) \leq \lambda_{\alpha+1/2} C 2^{\alpha+1/2} n^{-1/2} \pi_2(v).$$

This concludes the proof of Theorem 8 since the last assertion is immediate: by the definition of  $e_n(v)$  we have  $\text{vol}(v(B_E)) \leq 2^n V_n e_n(v)^n$ , so that (13) follows from (12).

REMARK. In the particular case when  $X$  is of cotype 2 the preceding proof simplifies a great deal. Let us streamline the argument. We consider  $E \subset X$  and  $u: l_2^n \rightarrow E$  such that  $\|u\| \leq 1$  and  $\pi_2(u^{-1}) \leq \sqrt{n}$ . Let us denote by  $C_2(E)$  the (Gaussian) cotype 2 constant of  $E$ . We use first an argument similar to the one for Theorem 1; we introduce the norm  $\|x\|_\rho = \|x\| + \rho \|u^{-1}x\|$ , we let  $E = (E, \|\cdot\|_\rho)$ , and we observe that

$$l((u^{-1}: E_\rho \rightarrow l_2^n)^*) \leq K \text{Log}(2 + 1/\rho) C_2(E) n^{1/2}$$

for some numerical constant  $K$ . Therefore, by Proposition 7 with the improvement of [15], there is a subspace  $S \subset E_\rho$  with  $\text{codim } S < k$  such that

$$\|u^{-1}: S \rightarrow l_2^n\| \leq K'(n/k)^{1/2} \text{Log}(1 + 1/\rho) C_2(E).$$

Then, proceeding as in the proof of Theorem 1, we find

$$\begin{aligned} c_k(u^{-1}) &\leq K''(n/k)^{1/2} C_2(E) \text{Log}[C_2(E)(n/k)^{1/2} + 1] \\ &\leq K''' C_2(E) [\text{Log}(C_2(E) + 1)](n/k) \end{aligned}$$

hence by Lemma 9

$$e_n(u^{-1}) \leq K_4 C_2(E) \text{Log}(C_2(E) + 1)$$

and *a fortiori*

$$\text{vr}(E) \leq 2K_4 C_2(E) \text{Log}(C_2(E) + 1)$$

for some numerical constant  $K_4$ .

It is conceivable that an estimate such as

$$\text{vr}(E) \leq \text{constant} \cdot C_2(E) (\text{Log } C_2(E) + 1)^{1/2}$$

holds. Note that (because we are using the Gaussian cotype 2 constant)

$$C_2(l_\infty^n) \approx (n/\text{Log } n)^{1/2} \quad \text{and} \quad \text{vr}(l_\infty^n) \cong C\sqrt{n}$$

so that such an estimate would be optimal.

REMARK. In the preceding remark, we proved in passing that for any  $\delta$  in  $]0, 1[$  there is a subspace  $S \subset E$  with  $\dim S \cong \delta n$  and

$$d_S \leq K_5 C_2(E)(1 - \delta)^{-1/2} \text{Log}[C_2(E)(1 - \delta)^{-1/2} + 1]$$

(take  $k \cong (1 - \delta)n$  in the preceding reasoning).

Similar estimates (with a worse dependence of  $\delta$ ) appeared already in [3] and [12]. The above estimate was obtained recently in [15], but our argument has the advantage of avoiding the iteration technique used in all these papers.

REMARK. It is clear from the proof of Theorem 8 that  $\pi_2(v)$  can be replaced by

$$\text{Sup}_k k^{1/2} \text{Sup}_{\substack{w: l_2^k \rightarrow E \\ \|w\| \leq 1}} a_k(vw).$$

The latter quantity appears in the paper of Pietsch on the so-called Weyl numbers; cf. [17].

PROOF OF THEOREM 2. The implication (i)  $\Rightarrow$  (ii) in Theorem 2 is now an easy corollary of Theorem 1 and Theorem 8. The implication (ii)  $\Rightarrow$  (i) is already known; cf. [23].

It is also possible to adapt the argument of [1] to show that Theorem 1 implies Theorem 2. However, our proof using Theorem 8 seems simpler and gives more flexibility for the choice of the ellipsoid.

In the last part of this paper, we study the duals of the Banach spaces considered in Theorem 1 assuming moreover that they are  $K$ -convex, or equivalently (cf. [19]) that they do not contain  $l_1^n$ 's uniformly. We recall that a Banach space  $X$  is called  $K$ -convex if the orthogonal projection onto the closed span of the Rademacher functions in  $L_2([0, 1])$  defines a bounded operator on  $L_2([0, 1]; X)$ .

THEOREM 10. *The following assertions are equivalent for a space  $X$ .*

- (i)  *$X$  is  $K$ -convex and there is a  $\delta_0$  in  $]0, 1[$  such that  $d_{X^*}(\delta_0) < \infty$ .*
- (ii) *For all  $\delta$  in  $]0, 1[$ , there is a constant  $C_\delta$  such that, for any subspace  $S \subset X$  and any operator  $u : S \rightarrow l_2^n$ , there is an orthogonal projection  $P : l_2^n \rightarrow l_2^n$  with rank  $P \cong \delta n$  and an operator  $\tilde{u} : X \rightarrow l_2^n$  such that  $\tilde{u}|_S = Pu$  and  $\|\tilde{u}\| \leq C_\delta \|u\|$ .*

(iii) For some  $\delta$  in  $]0,1[$ , the same as (ii) holds.

$$\begin{array}{ccc} X & \xrightarrow{\tilde{u}} & \\ \cup & & \\ S & \xrightarrow{u} l_2^n \xrightarrow{P} & l_2^n \end{array}$$

PROOF. (i)  $\Rightarrow$  (ii). We will use the following fact:

If a space  $Y$  is  $K$ -convex there is a constant  $\lambda$  with the following property: for any subspace  $M \subset Y$ , let  $\sigma : Y \rightarrow Y/M$  be the quotient map, for any  $v : l_2^n \rightarrow Y/M$ , there is a "lifting"  $\tilde{v} : l_2^n \rightarrow Y$  such that  $\sigma \tilde{v} = v$  and  $l(\tilde{v}) \leq \lambda l(v)$ . This follows rather easily from the definition of  $K$ -convexity. In fact, the preceding property even holds for  $Y$  arbitrary assuming only that  $M$  is  $K$ -convex; the constant  $\lambda$  will then depend on  $M$ . See [20] for details.

Now assume (i) and consider  $u$  as in (ii). Consider  $u^* : l_2^n \rightarrow X^*/S^\perp$ .

Obviously we have  $l(u^*) \leq \sqrt{n} \|u^*\| = \sqrt{n} \|u\|$ . By the preceding property, there is an operator  $(\tilde{u}^*) : l_2^n \rightarrow X^*$  such that (denoting by  $\sigma : X^* \rightarrow X^*/S^\perp$  the quotient map) we have

$$(17) \quad \begin{aligned} \sigma(\tilde{u}^*) &= u^* & \text{and} & & l(\tilde{u}^*) &\leq \lambda l(u^*) \\ & & & & &\leq \lambda \sqrt{n} \|u\|. \end{aligned}$$

By Theorem 3, there is a constant  $C$  such that

$$\text{Sup } k^{1/2} a_k(\tilde{u}^*) \leq C l(u^*)$$

hence we find

$$a_k(\tilde{u}^*) \leq C \lambda (n/k)^{1/2} \|u\|.$$

Equivalently, there is an orthogonal projection  $P : l_2^n \rightarrow l_2^n$  with  $\text{rank } P > n - k$  such that

$$(18) \quad \|(\tilde{u}^*)P\| \leq C \lambda (n/k)^{1/2} \|u\|.$$

Let then  $w = (\tilde{u}^*)^* : X \rightarrow l_2^n$ .

We have clearly by (17)

$$w|_S = u, \quad \text{hence } Pw|_S = Pu$$

and by (18),  $\|Pw\| \leq C \lambda (n/k)^{1/2} \|u\|$ .

This implies (ii). (Note that we find  $C_\delta \in O((1 - \delta)^{-1/2})$ ).

(ii)  $\Rightarrow$  (iii) is trivial.

Let us prove that (iii)  $\Rightarrow$  (i). Assume (iii).



Note that, by Dvoretzky's theorem (see [5]), (iii) implies that  $X$  contains uniformly complemented  $l_2^n$ 's and even that  $X$  is locally  $\pi$ -euclidean. Hence, by [19] corollary 2.11,  $X$  must be  $K$ -convex. We now prove that (iii) implies that  $X^*$  possesses the second property in Corollary 5. Consider an operator  $u : l_2^n \rightarrow X^*$ . Let  $\delta$  be as in (iii).

By Proposition 7, there is a subspace  $S \subset X$  with  $\text{codim } S < \delta n/2$  such that (for some constant  $C$ )

$$\|u^*_{|_S}\| \leq C l(u) n^{-1/2}.$$

By (iii), there is a projection  $P : l_2^n \rightarrow l_2^n$  with  $\text{rank } P > \delta n$  and an operator  $v : X^* \rightarrow l_2^n$  such that  $v_{|_S} = P u^*_{|_S}$  and  $\|v\| \leq C' \|u^*_{|_S}\|$  for some constant  $C'$ . Returning to  $u$  we find

$$(P u^* - v)_{|_S} = 0$$

hence  $\text{rank}(P u^* - v) < \delta n/2$ .

Finally, if  $T = u^* - v$

$$\text{rank}(T) < \text{rank}(P u^* - v) + \text{rank}(1 - P) < (1 - \delta/2)n,$$

and  $\|u - T^*\| = \|v\| \leq C' C l(u) n^{-1/2}$ , so that

$$a_k(u) \leq C' C l(u) n^{-1/2} \quad \text{with } k = [(1 - \frac{1}{2}\delta)n].$$

This shows by Corollary 5 that  $X^*$  satisfies (i) and this concludes the proof of Theorem 10.

REMARK 11. In [9], Maurey proved that any space  $X$  of type 2 possesses the following property:

$$(+ ) \begin{cases} \text{There is a constant } C \text{ such that for any subspace } S \subset X \text{ and for} \\ \text{any } n, \text{ any operator } u : S \rightarrow l_2^n \text{ admits an extension } \tilde{u} : X \rightarrow l_2^n \\ \text{such that } \|\tilde{u}\| \leq C \|u\|. \end{cases}$$

It is not known whether, conversely, the property (+) implies that  $X$  is of type 2. However, the preceding result gives some information in that direction. Indeed, by [19] a space  $X$  is of type 2 iff  $X$  is  $K$ -convex and  $X^*$  is of cotype 2. The preceding theorem says that property (iii) [which is a weak form of (+) above] holds iff  $X$  is  $K$ -convex and  $X^*$  satisfies a weak form of cotype 2 as described in Corollary 5. By the remark after Theorem 3, we find that if  $X$  satisfies the properties in Theorem 10 (in particular if  $X$  satisfies (+)) then there is a constant  $B''$  such that the type 2 constant of any  $n$ -dimensional subspace of  $X$  is majorized by  $B'' \text{Log}(n + 1)$ . Moreover, we have

**COROLLARY 12.** *Let  $X$  be a Banach space. Let  $2 \leq q < \infty$ . Then  $X$  is of type 2 iff the space  $L_q([0, 1]; X)$  possesses the property (+).*

**PROOF.** If  $X$  is of type 2, so is  $L_q(X)$ , hence  $L_q(X)$  satisfies (+) by Maurey's theorem [9]. Conversely, if  $L_q(X)$  satisfies (+) then by Theorem 10 (and an easy "localization" argument), if  $1/p + 1/q = 1$ ,  $L_p(X^*)$  satisfies property (i) in Theorem 10. By Corollary 6, this implies that  $X^*$  is of cotype 2. Since by property (+)  $X$  cannot contain  $l_\infty^n$ 's uniformly, it must be  $K$ -convex and hence of type 2, by [19].

Note that in Corollary 12 again it is enough to assume that  $\text{Rad}(X)$  possesses (+) to conclude that  $X$  is of type 2.

## Appendix

We will give below a different proof of Proposition 7 with a slight refinement.

Let  $v : X \rightarrow l_2^n$  be an operator; we define

$$S(v) = \sup_{k \leq 1} \sqrt{k} e_k(v).$$

Note that this quantity is equivalent to  $\sup_{\epsilon > 0} \epsilon (\text{Log } N(v(B_X), \epsilon))^{1/2}$ .

By a well-known result in the theory of Gaussian processes, we have

$$S(v) \leq \mu_1 l(v^*)$$

for some absolute constant  $\mu_1$ .

This result is due to Sudakov [21] and follows from a classical lemma of Slepian. This shows that the next statement improves Proposition 7.

**PROPOSITION 7'.** *Let  $v : X \rightarrow l_2^n$  be as above. Then, for each  $\epsilon$  in  $]0, 1[$ , there is a subspace  $S \subset X$  with  $\text{codim } S < \epsilon n$  such that*

$$(19) \quad \|v|_S\| \leq \mu_2 \epsilon^{-1} n^{-1/2} S(v)$$

for some absolute constant  $\mu_2$ .

The proof is based on the following.

**LEMMA.** *There are numerical constants  $a > 0$ ,  $b > 0$  satisfying the following. Let  $\{y_i\}$  be a subset of  $l_2^n$  with at most  $2^{ak}$  elements,  $k \leq n$ . Then there is an orthogonal projection  $P$  on  $l_2^n$  with rank  $k - 1$  such that*

$$(20) \quad \|Py_i\| \geq b(k/n)^{1/2} \|y_i\| \quad \text{for all } i.$$

PROOF. This result is proved (but not stated) in [7] using the fact that the average of  $\|Py_i\|$  over all projections  $P$  of rank  $(k - 1)$  is equivalent to  $(k/n)^{1/2}\|y_i\|$  and moreover that the deviation of  $\|Py_i\|$  from this average is bounded by a suitable exponential estimate.

PROOF OF PROPOSITION 7'. Assume that  $S(v) < 1$ . Let  $1 \leq k \leq n$ ,  $m = [ak]$  and  $N = 2^m$ . By definition of  $S(v)$  this implies that there are  $N$  points  $(x_i)_{i \leq N}$  in  $B_X$  such that  $\forall x \in B_X \exists i \leq N$  such that  $\|vx - vx_i\| < m^{-1/2}$ . Let  $y_i = vx_i$ . By the preceding lemma, there is a projection  $P$  of rank  $k - 1$  such that (20) holds. Let  $S = \text{Ker } Pv$ . Note that  $\text{codim } S \leq k - 1 < k$ . Moreover, if  $x$  is in  $S \cap B_X$ , for some  $i \leq N$  we have  $\|vx - vx_i\| < m^{-1/2}$ . Hence

$$\|vx\| < m^{-1/2} + \|vx_i\|,$$

Hence by (20)

$$\begin{aligned} &< m^{-1/2} + b^{-1}(n/k)^{1/2}\|Pvx_i\| \\ &= m^{-1/2} + b^{-1}(n/k)^{1/2}\|Pv(x - x_i)\| \\ &\leq m^{-1/2} + b^{-1}(n/k)^{1/2} \cdot m^{-1/2} \end{aligned}$$

so that finally

$$\|v|_S\| \leq b'(n/k) \cdot n^{-1/2} \quad \text{for some numerical constant } b'.$$

In other words, we have proved (by homogeneity)

$$\text{Sup}_{1 \leq k} kc_k(v) \leq b'n^{1/2} \sup_{k \geq 1} \sqrt{k}e_k(v),$$

and this clearly is equivalent to (19).

q.e.d.

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