

**Zeitschrift:** L'Enseignement Mathématique  
**Herausgeber:** Commission Internationale de l'Enseignement Mathématique  
**Band:** 49 (2003)  
**Heft:** 3-4: L'ENSEIGNEMENT MATHÉMATIQUE

**Artikel:** HYPERBOLICITY OF MAPPING-TORUS GROUPS AND SPACES  
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**Kapitel:** 7. Substitution of quasi geodesics  
**DOI:** <https://doi.org/10.5169/seals-66690>

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Hence  $|I_C|_{f(I)} \geq \frac{\lambda^n - \lambda_+^{-n}}{\lambda^n - \lambda_-^{-n}} |I_D|_{f(I)}$ , so that  $|I_C|_{f(I)} \geq \frac{X(n)}{1+X(n)} |I|_{f(I)}$  with  $X(n) = \frac{\lambda^n - \lambda_+^{-n}}{\lambda^n - \lambda_-^{-n}}$ . Now  $\lim_{n \rightarrow +\infty} \frac{X(n)}{1+X(n)} = 1$ , so that for some  $n_* \geq 1$ , for any  $n \geq n_*$ ,  $\frac{X(n)}{1+X(n)} \geq \frac{1}{2}$ . Since the horizontal length of any interval  $I_k$  in  $I_C$  is at most  $C_{6.2}(J, J')$ , and the telescopic length of the associated  $p_k \subset p$  is at least  $t_0$ , we obtain

$$|p|_{(\tilde{X}, \mathcal{H})} \geq \frac{t_0}{2C_{6.2}(J, J')} |I|_{f(I)}.$$

On the other hand,  $|p|_{(\tilde{X}, \mathcal{H})} \leq 2Jnt_0 + \lambda^{-n}J |I|_{f(I)} + J'$  for any  $n \geq n_*$ . The last two inequalities give, for  $n \geq n_*$ ,  $2Jnt_0 + \lambda^{-n}J |I|_{f(I)} + J' \geq \frac{t_0}{2C_{6.2}(J, J')} |I|_{f(I)}$ , equivalently  $2Jnt_0 + J' \geq (\frac{t_0}{2C_{6.2}(J, J')} - \lambda^{-n}J) |I|_{f(I)}$ . We choose  $n_o \geq n_*$  such that  $\frac{t_0}{2C_{6.2}(J, J')} - \lambda^{-n_o}J > 0$ . We get

$$\frac{2Jn_o t_0 + J'}{\frac{t_0}{2C_{6.2}(J, J')} - \lambda^{-n_o}J} \geq |I|_{f(I)}.$$

Thus, for  $|I|_{f(I)} > \frac{2Jn_o t_0 + J'}{\frac{t_0}{2C_{6.2}(J, J')} - \lambda^{-n_o}J}$ ,  $h$  is not dilated in the future after  $t_0$ . If  $|I|_{f(I)} > \lambda_+^{n_o}M$ , then  $|h|_{f(h)} \geq M$ . Therefore  $h$  is dilated in the past after  $t_0$ . We choose  $N$  such that  $\lambda^N \lambda_+^{-n_o} > \lambda$ . Thus, if  $|I|_{f(I)} \geq \max(\lambda_+^{n_o}M, \frac{2Jn_o t_0 + J'}{\frac{t_0}{2C_{6.2}(J, J')} - \lambda^{-n_o}J})$  then  $I$  is dilated in the past after  $(n_o C_{6.2}(J, J') + N)t_0$ . The arguments and computations in the case where  $\max_{x \in p} f(x) \leq f(I)$  are the same.  $\square$

### 7. SUBSTITUTION OF QUASI GEODESICS

LEMMA 7.1. *Let  $p$  be a  $(J, J')$ -quasi geodesic. Let  $q$  be obtained from  $p$  by replacing subpaths  $p_i \subset p$  by  $(L, L')$ -quasi geodesics  $q_i$  satisfying the following properties:*

- $q_i$  has the same endpoints as  $p_i$ ,
- $q_i$  is  $L$ -close to  $p_i$ ,
- $|q_i|_{(\tilde{X}, \mathcal{H})} \leq L|p_i|_{(\tilde{X}, \mathcal{H})}$ .

*There exists a constant  $C_{7.1}(L, L', J, J')$ , which increases in each variable, such that  $q$  is a  $(C_{7.1}(L, L', J, J'), C_{7.1}(L, L', J, J'))$ -quasi geodesic which is  $L$ -close to  $p$ .*

*Proof.* Since each  $q_i$  is  $L$ -close to a  $p_i$ , and with the same endpoints,  $q$  is  $L$ -close to  $p$ . Let us consider any two points  $x, y$  in  $q$  and let  $q_{xy} \subset q$

be the subpath of  $q$  between  $x$  and  $y$ . If both  $x$  and  $y$  lie in a  $q_i$ , or in a same subpath in the closed complement of the union of the  $q_i$ 's, then  $|q_{xy}|_{(\tilde{X}, \mathcal{H})} \leq \max(L, J)d_{(\tilde{X}, \mathcal{H})}(x, y) + \max(L', J')$ . Otherwise  $q_{xy} = w_1 w_2 w_3$ , where  $w_1, w_3$  are contained either in some  $q_i$  or in  $p$ , and  $w_2$  begins and ends with the initial or terminal point of some  $q_i$ . The third property concerning the  $q_i$ 's leads to  $|w_2|_{(\tilde{X}, \mathcal{H})} \leq L|p_2|_{(\tilde{X}, \mathcal{H})}$ , where  $p_2 \subset p$  is the subpath of  $p$  with the same endpoints as  $w_2$ . Thus  $|q_{xy}|_{(\tilde{X}, \mathcal{H})} \leq LJd_{(\tilde{X}, \mathcal{H})}(x, y) + 2 \max(L', LJ')$ .  $\square$

LEMMA 7.2. *Let  $p$  be a straight  $(J, J')$ -quasi geodesic  $-$ hole such that  $\max_{x \in p} f(I) - f(x) \leq L$ , where  $I$  is the horizontal geodesic joining the endpoints of  $p$ . Then there exists a constant  $C_{7.2}(L, J, J') \geq M$ , which increases in each variable, such that*

$$1) \quad |I|_{f(I)} \leq C_{7.2}(L, J, J')|p|_{(\tilde{X}, \mathcal{H})}.$$

2)  $I$  is a straight  $(C_{7.2}(L, J, J'), C_{7.2}(L, J, J'))$ -quasi geodesic which is  $C_{7.2}(L, J, J')$ -close to  $p$ .

*Proof.* A horizontal geodesic is always straight. The horizontal geodesic  $I$  is the pulled-tight projection of  $p$ . Thus, by the bounded-dilatation property,  $|I|_{f(I)} \leq \lambda_+^L |p|_{(\tilde{X}, \mathcal{H})}$ . By Lemma 5.6,  $I$  is  $C_{5.6}(L)$ -close to  $p$ . Consider any subpath  $I'$  of  $I$ ; it is the pulled-tight projection of some subpath  $p'$  of  $p$ . By the bounded-dilatation property,  $|I'|_{f(I)} \leq \lambda_+^L |p'|_{(\tilde{X}, \mathcal{H})}$ . Since  $p$  is a  $(J, J')$ -quasi geodesic,  $|I'|_{f(I)} \leq \lambda_+^L (Jd_{(\tilde{X}, \mathcal{H})}(i(p'), t(p')) + J')$ . Since  $I'$  is  $C_{5.6}(L)$ -close to  $p'$ ,  $|I'|_{f(I)} \leq \lambda_+^L Jd_{(\tilde{X}, \mathcal{H})}(i(I'), t(I')) + \lambda_+^L (2JC_{5.6}(L) + J')$ .  $\square$

LEMMA 7.3. *Let  $p$  be a straight  $(J, J')$ -quasi geodesic  $-$ hole such that the horizontal length of the horizontal geodesic  $I$  between its endpoints is less than or equal to  $L$ . Then there exists a constant  $C_{7.3}(L, J, J') \geq M$ , which increases in each variable, such that*

$$1) \quad |I|_{f(I)} \leq C_{7.3}(L, J, J')|p|_{(\tilde{X}, \mathcal{H})}.$$

2)  $I$  is a straight  $(C_{7.3}(L, J, J'), C_{7.3}(L, J, J'))$ -quasi geodesic which is  $C_{7.3}(L, J, J')$ -close to  $p$ .

*Proof.* Since  $p$  is a  $(J, J')$ -quasi geodesic,

$$\max_{x \in p} |f(x) - f(I)| \leq J|I|_{f(I)} + J'.$$

Lemma 7.3 now follows from Lemma 7.2.  $\square$

LEMMA 7.4. *Let  $p$  be a straight  $(J, J')$ -quasi geodesic stair. For any  $L \geq 0$ , there exists a constant  $C_{7.4}(L, J, J')$ , which increases in each variable, such that if  $q$  is a straight stair whose points are at horizontal distance at most  $L$  from  $p$ , and with the same endpoints as  $p$ , then*

1)  *$q$  is a straight  $(C_{7.4}(L, J, J'), C_{7.4}(L, J, J'))$ -quasi geodesic stair which is  $L$ -close to  $p$ .*

2)  $|q|_{(\tilde{X}, \mathcal{H})} \leq C_{7.4}(L, J, J')|p|_{(\tilde{X}, \mathcal{H})}$ .

*Proof.* Consider a stair  $S$ , in the disc bounded by  $p \cup q$ , whose endpoints are those of  $p$  and  $q$ , and whose vertical geodesics end at  $q$ , all the stairs being oriented so that  $f$  is increasing along them. Consider a subpath  $S'$  of  $S$  which is the concatenation of a vertical segment followed by a horizontal one. By assumption, the horizontal length  $X$  of  $S'$  is bounded above by  $L$ . Let  $t$  be its vertical length. The bounded-dilatation property implies that the quotient of  $|S'|_{(\tilde{X}, \mathcal{H})}$  by the telescopic length of the subpath of  $p$  between the endpoints of  $S'$  is bounded above by  $Q = \frac{t+X}{t+\lambda_+^{-1}X}$ . Since  $X \leq L$ ,  $Q$  tends to 1 as  $t \rightarrow +\infty$ . One thus obtains a constant  $T$  such that for  $t \geq T$ ,  $Q$  is bounded above by some constant, depending on  $L$ . When both  $t$  and  $X$  are close to 0 then  $Q$  is close to 1. Hence, since  $Q$  is continuous,  $Q$  admits an upper bound, denoted by  $A(L)$ , for all the  $t$  and  $X$  considered. This upper bound will be the same for all the subpaths  $S'$  as above.

The stair  $S$  is a concatenation of such subpaths  $S'$ , possibly with one or two subpaths of  $p$  at the extremities. Thus the additivity of the telescopic length gives  $|S|_{(\tilde{X}, \mathcal{H})} \leq A(L)|p|_{(\tilde{X}, \mathcal{H})}$ . Let  $S''$  be a subpath of  $S$  which is the concatenation of a horizontal subpath followed by a vertical one. The path  $S$  is the concatenation of such subpaths  $S''$  with possibly one or two subpaths of  $q$  at the extremities. Exactly the same arguments as above give  $|q|_{(\tilde{X}, \mathcal{H})} \leq A(L)|S|_{(\tilde{X}, \mathcal{H})}$ . We thus get  $|q|_{(\tilde{X}, \mathcal{H})} \leq A(L)^2|p|_{(\tilde{X}, \mathcal{H})}$ . It only remains to prove that  $q$  is a quasi geodesic with constants of quasi geodesicity depending only on  $L, J, J'$ . Let  $x, y$  be any two points in  $q$ . As usual  $q_{xy}$  is the subpath of  $q$  between  $x$  and  $y$  and we denote by  $p_{x'y'}$  the subpath of  $p$  between the two points  $x', y'$  in  $p$  which are at horizontal distance at most  $L$  from  $x$  and  $y$ . We consider a stair  $S$  between  $q_{xy}$  and  $p_{x'y'}$ , with the same endpoints as  $q_{xy}$ . The same arguments as above apply and give  $|q_{xy}|_{(\tilde{X}, \mathcal{H})} \leq A(L)^2|p_{x'y'}|_{(\tilde{X}, \mathcal{H})}$ . Since  $p$  is a  $(J, J')$ -quasi geodesic, we conclude that  $|q_{xy}|_{(\tilde{X}, \mathcal{H})} \leq JA(L)^2d_{(\tilde{X}, \mathcal{H})}(x', y') + J'A(L)^2$ . Since  $d_{(\tilde{X}, \mathcal{H})}(x', y') \leq d_{(\tilde{X}, \mathcal{H})}(x, y) + 2L$ , the proof of Lemma 7.4 is complete.  $\square$