# TOPOLOGY OF CERTAIN SUBMANIFOLDS IN THE EUCLIDEAN SPHERE 

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AbSTRACT. Using the nonexistence theorem for stable harmonic maps, we study the fundamental group of certain submanifolds in the Euclidean sphere.

1. Introduction. In [3] R. Schoen and S. T. Yau made the first attempt to study the geometry of manifolds by using harmonic maps. They proved that if $M$ is a complete noncompact stable immersed hypersurface in a manifold of nonnegative curvature and $D$ is a compact domain in $M$ with smooth simply connected boundary, then there is no nontrivial homomorphism from $\pi_{1}(D)$ into the fundamental group of a compact manifold with nonpositive curvature.

In this paper we consider certain submanifolds in the Euclidean sphere. First of all we generalize the nonexistence theorem in our previous paper [5] as follows:

Let $M$ be a compact $n$-dimensional immersed submanifold with second fundamental form $B$ and mean curvature $H$ in the Euclidean sphere. When $n>2+\tilde{B}$ there is no nonconstant stable harmonic map from $M$ to any Riemannian manifold $N$, where

$$
\tilde{B}=\left(\sum_{i, j=1}^{n}\left(2\left\langle B_{e_{k}, e_{i}} B_{e_{k}, e_{j}}\right\rangle-\left\langle H, B_{e_{i}, e_{j}}\right\rangle\right)^{2}\right)^{1 / 2} .
$$

According to the J. Simons' theorem [4], when $M$ as above is minimal, it cannot be stable.

Using the above nonexistence theorem and Eells-Sampson's theorem [1], we find a topological restriction similar to that in Schoen-Yau's theorem. The result is the following:

Let $M$ be a compact $n$-dimensional submanifold with second fundamental form $B$ and mean curvature $H$ in the Euclidean sphere. When $n>2+\tilde{B}$ there is no nontrivial homomorphism from the fundamental group $\pi_{1}(M)$ into the fundamental group of a compact manifold with nonpositive curvature.
2. Preliminary notation. We refer the basic notion about harmonic maps to the paper [2]. Our purpose in this section is to sketch the immersed submanifolds.

Let $M$ be a compact $n$-dimensional Riemannian manifold in $\bar{M}$, which is an $m$-dimensional Riemannian manifold. Set $m=n+p$, where $p$ is the codimension

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of $M$ in $\bar{M}$. We shall use the following ranges of indices throughout this paper:
\[

$$
\begin{aligned}
1 & \leqslant A, B, C, \ldots \leqslant m=n+p, \\
1 & \leqslant i, j, k, l \leqslant n \\
n+1 & \leqslant \alpha, \beta, \gamma, \ldots \leqslant n+p .
\end{aligned}
$$
\]

Let $T M$ and $N M$ denote the tangent bundle and the normal bundle of $M$, respectively, such that for any $x \in M \subset \bar{M}$ we have an orthogonal splitting

$$
T_{x}(\bar{M})=T_{x}(M) \oplus N_{x}(M)
$$

With respect to this splitting we decompose any vector $X \in T_{x}(\bar{M})$ as $X=(X)^{T} \oplus$ $(X)^{N} . M$ inherits the Riemannian connection from one $\bar{\nabla}$ of $\bar{M}$ as follows: let $\tilde{X}$ and $\tilde{Y}$ be vector fields on $M$. Then for $X=\tilde{X}(x)$

$$
\begin{equation*}
\nabla_{x} \tilde{Y}=\left(\bar{\nabla}_{x} \tilde{Y}\right)^{T} \tag{2.1}
\end{equation*}
$$

which is the unique Riemannian connection induced by the metric inherited from $\bar{M}$.

The second fundamental form of $M$ in $\bar{M}$ is a section of $\operatorname{Hom}(T M \otimes T M, N M)$, defined as follows: for any $X, Y \in T_{x} M$

$$
\begin{equation*}
B_{X, Y}=\left(\bar{\nabla}_{x} \tilde{Y}\right)^{N} \tag{2.2}
\end{equation*}
$$

where $\tilde{Y}$ is an extension of $Y$ to a local tangent vector field on $M$. At each point $x \in M, B_{x}$ represents a symmetric bilinear map of $T_{x} M$ into $N_{x} M$. Thus we can define

$$
\begin{equation*}
H_{x}=\operatorname{trace}\left(B_{x}\right) \tag{2.3}
\end{equation*}
$$

for each $x \in M . H$ is called a mean curvature vector field.
Sometimes it is convenient to consider $B$ in adjoint form. For $\nu \in N_{x} M$ we define $A^{\nu}: T_{x} M \rightarrow T_{x} M$ with

$$
\begin{equation*}
A^{\nu}(X)=-\left(\bar{\nabla}_{x} \tilde{\nu}\right)^{T} \tag{2.4}
\end{equation*}
$$

for $X \in T_{x} M$, where $\tilde{\nu}$ is any local extension of $\nu$ to a normal vector field. It is easy to check the relation

$$
\begin{equation*}
\left\langle A^{\nu}(X), Y\right\rangle=\left\langle B_{X, Y}, \nu\right\rangle . \tag{2.5}
\end{equation*}
$$

We define the squared length of $B$ at each $x \in M$ in the usual way as

$$
\begin{equation*}
\|B\|^{2}=\sum_{i, j=1}^{n}\left\|B_{e, e, j}\right\|^{2} \tag{2.6}
\end{equation*}
$$

where $\left\{e_{1}, \ldots, e_{n}\right\}$ is a local orthonormal basis of $M$.
Let $R$ and $\bar{R}$ be the curvature tensors of $M$ and $\bar{M}$, respectively. For any $X, Y, Z$, $W \in T_{x} M$ we have Gauss' formula for submanifolds:

$$
\begin{equation*}
\left\langle R_{X, Y} Z, W\right\rangle=\left\langle\bar{R}_{X, Y} Z, W\right\rangle-\left\langle B_{X, W}, B_{Y, Z}\right\rangle+\left\langle B_{X, Z}, B_{Y, W}\right\rangle, \tag{2.7}
\end{equation*}
$$

which we shall have occasion to use below. We adopt the sign convention of [2] about the curvature.

Let us consider a submanifold in the Euclidean sphere $M \subset S^{m} \subset \mathbf{R}^{m+1}$. Let $\theta$ denote the $(n+1)$-dimensional vector space of vector fields on $S^{m}$ by

$$
\theta=\left\{\left.\operatorname{grad} f\right|_{S^{m}}: f \text { is linear on } \mathbf{R}^{m+1}\right\} .
$$

For any $V \in \theta$ there is a unique decomposition $\left.V\right|_{M}=V^{T}+V^{N}$. We denote $\theta^{T}=\left\{V^{T}: V \in \theta\right\}$.

It is easy to check the following relations:

$$
\begin{equation*}
\nabla_{X} V^{N}=-B_{X, V^{T}} \tag{2.8}
\end{equation*}
$$

and

$$
\begin{equation*}
\nabla_{X} V^{T}=A^{V^{N}}(X)-f X \tag{2.9}
\end{equation*}
$$

3. The proof of the results. Let $M \subset S^{m}$ be a compact immersed submanifold. We consider any harmonic map $\phi: M \rightarrow \bar{M}$, where the image manifold is any Riemannian manifold. By means of this map $\phi$ we obtain an induced vector bundle $\phi^{-1} T M$ over $M$ which inherits a Riemannian connection $\tilde{\nabla}$ from the canonical connection in $\bar{M}$. Choose a local orthonormal basis $\left\{e_{i}\right\}$, such that $\left(\nabla_{e_{i}} e_{j}\right)_{x}=0$ at a given point $x \in M$. For $V^{T} \in \theta^{T}$, taking the cross section $\phi_{*} V^{T}$, we have the following lemmas:

Lemma 3.1.

$$
\begin{align*}
\tilde{\nabla}_{e_{i}} \phi_{*}\left(\nabla_{e_{i}} V^{T}\right)= & \left\langle\left(\nabla_{e_{i}} A\right)^{V^{N}}\left(e_{i}\right), e_{j}\right\rangle \phi_{*} e_{j}-\left\langle B_{e_{i}, e^{\prime}}, B_{e_{i}, V^{T}}\right\rangle \phi_{*} e_{j} \\
& +\left\langle B_{e_{i}, e_{j}}, V^{N}\right\rangle \tilde{\nabla}_{e_{i} \phi_{*}} e_{j}-\phi_{*} V^{T} . \tag{3.1}
\end{align*}
$$

Proof. Using (2.5), (2.8) and (2.9), we have

$$
\begin{aligned}
\tilde{\nabla}_{e_{i}} \phi_{*}\left(\nabla_{e_{i}} V^{T}\right)= & \tilde{\nabla}_{e_{i}} \phi_{*}\left(A^{V^{N}}\left(e_{i}\right)-f e_{i}\right) \\
= & \tilde{\nabla}_{e_{i}} \phi_{*}\left\langle A^{V^{N}}\left(e_{i}\right), e_{j}\right\rangle e_{j}-\left\langle V^{T}, e_{i}\right\rangle \phi_{*} e_{i} \\
= & \tilde{\nabla}_{e_{i}}\left\langle A^{V^{N}}\left(e_{i}\right), e_{j}\right\rangle \phi_{*} e_{j}-\phi_{*} V^{T} \\
= & \left\langle\nabla_{e_{i}} A^{V^{N}}\left(e_{i}\right), e_{j}\right\rangle \phi_{*} e_{j}+\left\langle A^{V^{N}}\left(e_{i}\right), e_{j}\right\rangle \tilde{\nabla}_{e_{i}} \phi_{*} e_{j}-\phi_{*} V^{T} \\
= & \left\langle\left(\nabla_{e_{i}} A\right)^{V^{N}}\left(e_{i}\right), e_{j}\right\rangle \phi_{*} e_{j}+\left\langle A^{\nabla_{\sigma_{i}} V^{N}}\left(e_{i}\right), e_{j}\right\rangle \phi_{*} e_{j} \\
& +\left\langle B_{e_{i}, e_{j}}, V^{N}\right\rangle \tilde{\nabla}_{e_{i}} \phi_{*} e_{j}-\phi_{*} V^{T} \\
= & \left\langle\left(\nabla_{e_{i}} A\right)^{V^{N}}\left(e_{i}\right), e_{j}\right\rangle \phi_{*} e_{j}-\left\langle B_{e_{i}, e_{j}}, B_{\left.e_{i}, V^{T}\right\rangle}\right\rangle \phi_{*} e_{j} \\
& +\left\langle B_{e_{i}, e_{j}}, V^{N}\right\rangle \tilde{\nabla}_{e_{i}} \phi_{*} e_{j}-\phi_{*} V^{T} . \quad \text { Q.E.D. }
\end{aligned}
$$

Lemma 3.2.

$$
\begin{equation*}
\varphi_{*}\left(\nabla^{*} \nabla V^{T}\right)=\left\langle\left(\nabla_{e_{i}} A\right)^{V^{N}}\left(e_{i}\right), e_{j}\right\rangle \phi_{*} e_{j}-\left\langle B_{\left.e_{i}, V^{T}, B_{e_{i}, e}\right\rangle \phi_{*} e_{j}-\phi_{*} V^{T} . . .}\right. \tag{3.2}
\end{equation*}
$$

Proof. Using (2.5), (2.8) and (2.9), we obtain

$$
\begin{aligned}
\phi_{*}\left(\nabla^{*} \nabla V^{T}\right) & =\phi_{*}\left(\nabla_{e_{i}} \nabla_{e_{i}} V^{T}\right)=\phi_{*} \nabla_{e_{i}}\left(A^{V^{N}}\left(e_{i}\right)-f e_{i}\right) \\
& =\phi_{*}\left(\left(\nabla_{e_{i}} A\right)^{V^{N}}\left(e_{i}\right)+A^{\nabla_{i} V^{N}}\left(e_{i}\right)-V^{T}\right) \\
& =\phi_{*}\left(\left\langle\left(\nabla_{e_{i}} A\right)^{V^{N}}\left(e_{i}\right), e_{j}\right\rangle e_{j}-\left\langle B_{e_{i}, V^{T},}, B_{e_{i}, e_{j}}\right\rangle e_{j}-V^{T}\right) \\
& =\left\langle\left(\nabla_{e_{i}} A\right)^{V^{N}}\left(e_{i}\right), e_{j}\right\rangle \phi_{*} e_{j}-\left\langle B_{\left.e_{i}, V^{T}, B_{e_{i}, e^{\prime}}\right\rangle \phi_{*} e_{j}-\phi_{*} V^{T} .} .\right.
\end{aligned}
$$

Lemma 3.3.

$$
\begin{align*}
-\tilde{\nabla}^{*} \tilde{\nabla} \phi_{*} V^{T}= & R^{\bar{M}}\left(\phi_{*} e_{i}, \phi_{*} V^{T}\right) \phi_{*} e_{i}+(2-n) \phi_{*} V^{T} \\
& -\left\langle\left(\nabla_{e_{i}} A\right)^{V^{N}}\left(e_{i}\right), e_{j}\right\rangle \phi_{*} e_{j}-\left\langle H, B_{V^{T}, e}\right\rangle \phi_{*} e_{j} \\
& -2\left\langle B_{e_{i}, e^{\prime}}, V^{N}\right\rangle \tilde{\nabla}_{e_{i}} \phi_{*} e_{j}+2\left\langle B_{e_{i}, e^{\prime}}, B_{e_{i}, V^{T}}\right\rangle \phi_{*} e_{j} . \tag{3.3}
\end{align*}
$$

Proof. In our case $M \subset S^{m}$ by using Gauss formula (2.7), we have

$$
\begin{aligned}
\left\langle\boldsymbol{R}_{\boldsymbol{X} Y} \boldsymbol{Z}, \boldsymbol{W}\right\rangle= & \langle\boldsymbol{X}, \boldsymbol{Z}\rangle\langle\boldsymbol{Y}, \boldsymbol{W}\rangle-\langle\boldsymbol{X}, \boldsymbol{W}\rangle\langle\boldsymbol{Y}, \boldsymbol{Z}\rangle \\
& -\left\langle\boldsymbol{B}_{\boldsymbol{X}, \boldsymbol{W}}, \boldsymbol{B}_{\boldsymbol{Y}, \boldsymbol{Z}}\right\rangle+\left\langle\boldsymbol{B}_{\boldsymbol{X}, \boldsymbol{Z}}, \boldsymbol{B}_{\boldsymbol{Y}, \boldsymbol{W}}\right\rangle .
\end{aligned}
$$

Hence

$$
\begin{aligned}
\langle\operatorname{Ric} Y, W\rangle & =\left\langle R_{e_{i} Y} e_{i}, W\right\rangle \\
& =(n-1)\langle Y, W\rangle-\left\langle B_{e_{i}, W}, B_{e_{i}, Y}\right\rangle+\left\langle H, B_{Y, W}\right\rangle .
\end{aligned}
$$

Namely

$$
\begin{equation*}
\operatorname{Ric} Y=(n-1) Y-\left\langle B_{e_{i}, Y}, B_{e_{i}, e_{j}}\right\rangle e_{j}+\left\langle H, B_{Y, e_{j}}\right\rangle e_{j} . \tag{3.4}
\end{equation*}
$$

By Weitzenböck's formula and (3.4)

$$
\begin{align*}
-(\tilde{\nabla} * \tilde{\nabla} d \phi) V^{T}= & R^{\bar{M}}\left(\phi_{*} e_{i}, \phi_{*} V^{T}\right) \phi_{*} e_{i}-\phi_{*}\left(\operatorname{Ric} V^{T}\right) \\
= & R^{\bar{M}}\left(\phi_{*} e_{i}, \phi_{*} V^{T}\right) \phi_{*} e_{i}-(n-1) \phi_{*} V^{T} \\
& +\left\langle B_{\left.e_{i}, V^{T}, B_{e_{i}, e_{j}}\right\rangle \phi_{*} e_{j}-\left\langle H, B_{V^{T}, e_{e}}\right\rangle \phi_{*} e_{j}} .\right. \tag{3.5}
\end{align*}
$$

Thus from (3.1), (3.2) and (3.5), we have

$$
\begin{aligned}
& -\tilde{\nabla} * \tilde{\nabla}_{\phi_{*}} V^{\boldsymbol{T}}=-\tilde{\nabla}_{e_{i}} \tilde{\nabla}_{e_{i}} d \phi\left(V^{\boldsymbol{T}}\right) \\
& =-\tilde{\nabla}_{e_{i}}\left(\left(\tilde{\nabla}_{e_{i}} d \phi\right) V^{T}+d \phi\left(\nabla_{e_{i}} V^{T}\right)\right) \\
& =-\left(\tilde{\nabla}_{e_{i}} \tilde{\nabla}_{e_{i}} d \phi\right) V^{T}-2\left(\tilde{\nabla}_{e_{i}} d \phi\right) \nabla_{e_{i}} V^{T}-d \phi\left(\nabla_{e_{i}} \nabla_{e_{i}} V^{T}\right) \\
& =-\left(\tilde{\nabla}_{e_{i}} \tilde{\nabla}_{e_{i}} d \phi\right) V^{T}-2 \tilde{\nabla}_{e_{i}} \phi_{*}\left(\nabla_{e_{i}} V^{T}\right)+\phi_{*}\left(\nabla_{e_{i}} \nabla_{e^{\prime}} V^{T}\right) \\
& =R^{\bar{M}}\left(\phi_{*} e_{i}, \phi_{*} V^{T}\right) \phi_{*} e_{i}-(n-1) \phi_{*} \dot{V}^{T} \\
& +\left\langle B_{e_{i}, V^{\boldsymbol{r}},}, B_{e_{i}, \boldsymbol{e}}\right\rangle \phi_{*} e_{j}-\left\langle H, B_{V^{\boldsymbol{r}, e}}\right\rangle \phi_{\boldsymbol{*}} e_{j} \\
& -2\left\langle\left(\nabla_{e_{i}} A\right)^{V^{N}}\left(e_{i}\right), e_{j}\right\rangle \phi_{*} e_{j}+2\left\langle B_{e_{,}, e^{j}}, B_{\left.e_{i}, V^{\tau}\right\rangle}\right\rangle \phi_{*} e_{j} \\
& -2\left\langle B_{e_{i}, e_{j}}, V^{N}\right\rangle \tilde{\nabla}_{e_{i}} \phi_{*} e_{j}+2 \phi_{*} V^{T} \\
& +\left\langle\left(\nabla_{e_{i}} A\right)^{V^{N}}\left(e_{i}\right), e_{j}\right\rangle \phi_{*} e_{j}-\left\langle B_{e_{i}, V^{T}}, B_{e_{i}, e_{j}}\right\rangle \phi_{*} e_{j}-\phi_{*} V^{T} \\
& =R^{\bar{M}}\left(\phi_{*} e_{i}, \phi_{*} V^{T}\right) \phi_{*} e_{i}+(2-n) \phi_{*} V^{T}-\left\langle\left(\nabla_{e} A\right)^{V^{N}}\left(e_{i}\right), e_{j}\right\rangle \phi_{*} e_{j} \\
& -\left\langle\boldsymbol{H}, \boldsymbol{B}_{V^{\tau}, e_{j}}\right\rangle \phi_{*} e_{j}-2\left\langle\boldsymbol{B}_{e_{e}, e_{j}}, V^{\boldsymbol{N}}\right\rangle \tilde{\nabla}_{e^{\prime}} \phi_{*} e_{j}+2\left\langle\boldsymbol{B}_{e_{,}, e^{\prime}}, B_{e_{i}, V^{r}}\right\rangle \phi_{*} e_{j} . \\
& \text { Q.E.D. }
\end{aligned}
$$

Using the second variation formula for harmonic maps, we have

$$
\begin{align*}
& i=I\left(\phi_{*} V^{T}, \phi_{*} V^{T}\right) \\
& =\int_{M}\left\langle-\tilde{\nabla} * \tilde{\nabla}_{\phi_{*}} V^{T}-R^{\bar{M}}\left(\phi_{*} e_{i}, \phi_{*} V^{T}\right) \phi_{*} e_{i}, \phi_{*} V^{T}\right\rangle * 1 \\
& = \\
& \quad \int_{M}\left\{(2-n)\left\|\phi_{*} V^{T}\right\|^{2}\right. \\
& \quad-\left[\left\langle\left(\nabla_{e_{i}} A\right)^{V^{N}}\left(e_{i}\right), e_{j}\right\rangle+2\left\langle B_{e_{i}, e_{j}}, B_{e_{i}, V^{T}}\right\rangle-\left\langle H, B_{V^{T}, e_{j}}\right\rangle\right]  \tag{3.6}\\
& \\
& \left.\quad \cdot\left\langle\phi_{*} e_{j}, \phi_{*} V^{T}\right\rangle-2\left\langle B_{e_{i}, e_{j}}, V^{N}\right\rangle\left\langle\tilde{\nabla}_{e_{i} \phi_{*}} e_{j}, \phi_{*} V^{T}\right\rangle\right\} * 1
\end{align*}
$$

Now we choose an orthonormal basis $\left\{x, e_{i}, \nu_{\alpha}\right\}$ for $\mathbf{R}^{N+1}$, where $e_{i}$ are (parallel to) tangent vectors to $M$ at the point $x \in M$. This basis determines an orthonormal basis $\left\{X, E_{i}, F_{\alpha}\right\}$ for $\theta$ and a corresponding basis $\left\{X^{T}, E_{i}^{T}, F_{\alpha}^{T}\right\}$ for $\theta^{T}$ such that $X(x)=0, E_{i}(x)=e_{i}$ and $F_{\alpha}(x)=\nu_{\alpha}$, namely $E_{i}^{T}(x)=e_{i}, E_{i}^{N}(x)=0, F_{\alpha}^{T}(x)=0$ and $F_{\alpha}^{N}(x)=\nu_{\alpha}$. Hence

$$
\begin{equation*}
\operatorname{trace} i=(2-n) E(\phi)+\int_{M}\left[2\left\langle B_{e_{k}, e_{j}}, B_{e_{k}, e_{i}}\right\rangle-\left\langle H, B_{e_{i}, e_{j}}\right\rangle\right]\left\langle\phi_{*} e_{i}, \phi_{*} e_{j}\right\rangle * 1 \tag{3.7}
\end{equation*}
$$

where $E(\phi)$ is the energy integral of the harmonic map $\phi$.
We have the following lemma whose proof is not difficult; we leave it to the readers.

Lemma 3.4. If $A$ and $B$ are symmetric matrices and $B$ is semipositive definite, then trace $A B<\left(\text { trace } A^{2}\right)^{1 / 2}$ trace $B$.

Therefore (3.7) becomes

$$
\begin{equation*}
\operatorname{trace} i \leqslant(2-n) E(\phi)+\int_{M} \tilde{B}\left\langle\phi_{*} e_{k}, \phi_{*} e_{k}\right\rangle * 1 \tag{3.8}
\end{equation*}
$$

where

$$
\tilde{B}=\left(\sum_{i, j=1}^{n}\left(2\left\langle B_{e_{k}, e_{i}}, B_{e_{k}, e_{j}}\right\rangle-\left\langle H, B_{e_{i}, e_{j}}\right\rangle\right)^{2}\right)^{1 / 2}
$$

Thus we obtain the following:
Theorem 1. Let $M$ be an n-dimensional compact submanifold with second fundamental form $B$ and mean curvature $H$ in the Euclidean sphere $S^{m}$. When $n>2+\tilde{B}$ there is no nonconstant stable harmonic map from $M$ to any Riemannian manifold, where

$$
\tilde{B}=\left(\sum_{i, j=1}^{n}\left(2\left\langle B_{e_{k}, e_{i}}, B_{e_{k}, e_{j}}\right\rangle-\left\langle H, B_{e_{i, e_{j}}}\right\rangle\right)^{2}\right)^{1 / 2}
$$

Remark. If $B=O, M$ is a sphere $S^{n}$ with the usual totally geodesic imbedding, this theorem becomes Theorem 3.1 of our previous paper [5].

Using the above Theorem 1, we obtain a certain topological restriction on $M$.

Theorem 2. Let $M$ be an n-dimensional compact submanifold with second fundamental form $B$ and mean curvature $H$ in the Euclidean sphere $S^{m}$ and let $\bar{M}$ be a compact Riemannian manifold with nonpositive sectional curvature. If $n>2+\tilde{B}$, then there is no nontrivial homomorphism from the fundamental group $\pi_{1}(M)$ into $\pi_{1}(\bar{M})$, where

$$
\tilde{B}=\left(\sum_{i, j=1}^{n}\left(2\left\langle B_{e_{k}, e_{j}}, B_{e_{k}, e_{j}}\right\rangle-\left\langle H, B_{e_{i}, e_{j}}\right\rangle\right)^{2}\right)^{1 / 2}
$$

Proof. Let $h: \pi_{1}(M) \rightarrow \pi_{1}(\bar{M})$ be a homomorphism. Since $M$ is compact and $\bar{M}$ is $K(\pi, 1)$, there exists a smooth map $f: M \rightarrow \bar{M}$, such that its induced map $f_{*}$ between the fundamental groups is $h$. By Eells-Sampson's theorem [1] there exists a harmonic map $\phi$ which is homotopic to $f$ and has minimum energy in its homotopy class. It follows both that $\phi_{*}=h$ and that $\phi$ is a stable harmonic map. But Theorem 1 tells us $\phi$ is constant so that $h$ is trivial. Q.E.D.

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