## *References*

- 1. P. N. Oliver, Pierre Varignon and the Parallelogram Theorem, *and* Consequences of the Varignon Parallelogram Theorem, *Math. Teacher* **94** (2001), pp. 316-319 *and* pp. 406-408.
- 2. N. Lord, Maths bite: averaging polygons, *Math. Gaz*. **92** (March 2008), p. 134.
- 3. D. Wells, *The Penguin dictionary of curious and interesting geometry*, (1991) p. 53.
- 4. F. Laudano, Generalised averages of polygons, *Math. Gaz*. **107** (November 2023) pp. 528-530.



## **108.33 Some inequalities for a triangle**

In a recent Article [1] an upper bound was derived for  $h_a + h_b + h_c$ , the sum of the (lengths of the) altitudes of a triangle. In this Note we find a different upper bound in terms of R, the radius of the circumcircle. We also derive several other inequalities for a triangle which we have been unable to find in the literature, despite the fact that they follow quickly from known results.

Our notation is standard  $-$  for a triangle  $ABC$ ,  $a$ ,  $b$  and  $c$  are the sidelengths,  $2s = a + b + c$  and r is the radius of the incircle. R is the radius of the circumcircle and  $r_a$ ,  $r_b$  and  $r_c$  are the radii of the excircles, while  $h_a$ ,  $h_b$ and  $h_c$  are the altitudes. The shorthand [WEIFFTTIE], will indicate the phrase, "With equality if and only if the triangle is equilateral", throughout.

We need these known preliminary results, all easily proved and widely available in [2] and [3], for example.

*Lemma* 1: We have  $h_a + h_b + h_c \leq \frac{\sqrt{3}}{2}(a + b + c)$ . [WEIFFTTIE]. See [3, p. 274].

*Lemma* 2: We have  $a = 2R \sin A$ ;  $b = 2R \sin B$ ;  $c = 2R \sin C$ . See [2, p. 200].

*Lemma* 3: We have  $\sin A + \sin B + \sin C \leq \frac{3}{2}\sqrt{3}$ . [WEIFFTTIE]. See [2, p. 315}.

*Lemma* 4: We have  $r_a + r_b + r_c - r = 4R$ . See [2, p. 207].

*Lemma* 5 (Euler 1767): We have  $R \ge 2r$ . [WEIFFTTIE]. See [2, p. 216].

Euler's proof of this result was very beautiful. He showed that the distance  $d$  between the incentre and the circumcentre is given by  $d^2 = R(R - 2r)$  and since  $d^2 \ge 0$ , we have  $R \ge 2r$ .

*Lemma* 6: We have  $r_a = s \tan \frac{1}{2}A$ ,  $r_b = s \tan \frac{1}{2}B$  and  $r_c = s \tan \frac{1}{2}C$ . See [2, p. 205].

*Lemma* 7: We have  $a \cot A + b \cot B + c \cot C = 2(R + r)$ . See [2, p. 207].

*Lemma* 8: We have  $r_a + r_b + r_c = \frac{1}{2} \left[ a \cot \frac{1}{2}A + b \cot \frac{1}{2}B + c \cot \frac{1}{2}C \right]$ . See [2, p. 206].

*Lemma* 9: We have  $\frac{1}{r_a} + \frac{1}{r_b} + \frac{1}{r_c} = \frac{1}{r}$ . See [2, p. 207].  $\frac{1}{r_b}$  +  $\frac{1}{r_c}$ *rc*  $=\frac{1}{r}$ 

*Lemma* 10: We have  $R = \frac{abc}{4\Delta}$  and  $r = \frac{\Delta}{s}$ . See [2, p. 207].

*Lemma* 11: We have  $r_a r_b r_c = \frac{\Delta^2}{r}$ . See [2, p. 207].

*Main results*

*Theorem* 1: We have  $\frac{9}{2}R \geq h_a + h_b + h_c \geq 9r$  [WEIFFTTIE].

*Proof*: We already know that  $h_a + h_b + h_c \ge 9r$  [1]. Now, by Lemma 1,

$$
h_a + h_b + h_c \le \frac{\sqrt{3}}{2} (a + b + c)
$$
  
=  $\frac{1}{2} \sqrt{3} (2R \sin A + 2R \sin B + 2R \sin C)$  (by Lemma 2)  
=  $\sqrt{3} (R \sin A + R \sin B + R \sin C)$   
 $\le \frac{1}{2} R (\sqrt{3} \times 3\sqrt{3})$  (by Lemma 3)  
=  $\frac{9}{2} R$ .

*Theorem* 2: We have  $\frac{9}{2}R \ge r_a + r_b + r_c \ge 9r$  [WEIFFTTIE].

*Proof*: By Lemma 4,  $r_a + r_b + r_c = 4R + r \ge 8r + r$ , by Lemma 5, so  $r_a + r_b + r_c \ge 9r$ . Also, by Lemma 5,  $r_a + r_b + r_c = 4R + r \le 4R + \frac{1}{2}R = \frac{9}{2}R$ , so  $\frac{9}{2}R \ge r_a + r_b + r_c$ . [WEIFFTTIE] applies in both cases.

*Corollary* 1: In any triangle, at least one of  $r_a$ ,  $r_b$  or  $r_c$  is less than or equal to  $\frac{3R}{r_a}$  $\frac{3}{2}R$ ,

*Corollary* 2: In any triangle, at least one of  $r_a$ ,  $r_b$  or  $r_c$  is greater than or equal to 3*r*.

*Theorem* 3: We have  $\frac{9}{2}R \geq s \left[ \tan \frac{A}{2} + \tan \frac{B}{2} + \tan \frac{C}{2} \right] \geq 9r$ . [WEIFFTTIE].

*Proof*: This follows at once from Lemma 6 and Theorem 2.

*Theorem* 4: We [WEIFFTTIE]. This follows at once from Lemma 7. have  $3R \ge a \cot A + b \cot B + c \cot C \ge 6r$ .

*Theorem* 5: We have  $2(a \cot A + b \cot B + c \cot C) - (r_a + r_b + r_c) = 3r$  and  $2(r_a + r_b + r_c) - (a \cot A + b \cot B + c \cot C) = 6R$ .

This follows at once from solving the equations in Lemmas 4 and 7 for  $r$  and  $R$ .

*Theorem* 6:  $9R \ge a \cot \frac{1}{2}A + b \cot \frac{1}{2}B + c \cot \frac{1}{2}C \ge 18r$  [WEIFFTTIE]. This follows at once from Theorem 2 and Lemma 8.

*Theorem* 7: We have  $3\sqrt{3}R \ge a + b + c \ge 6\sqrt{3}r$  [WEIFFTTIE]. *Proof*: The left-hand-side inequality is known (see [3]) but for completeness here is a quick proof:

By Lemma 2,  $a + b + c = 2R(\sin A + \sin B + \sin C) \le 2R \cdot \frac{3}{2}\sqrt{3} = 3\sqrt{3}R$ , by Lemma 3. To show  $a + b + c \ge 6\sqrt{3}r$ , we proceed as follows:

Apply the AM-GM inequality to  $s - a$ ,  $s - b$ ,  $s - c$  to get

$$
(s - a) + (s - b) + (s - c) \ge 3\sqrt[3]{(s - a)(s - b)(s - c)}
$$
  
or 
$$
3s - 2s = s \ge 3\sqrt[3]{(s - a)(s - b)(s - c)}
$$
  
or 
$$
s^3 \ge 27(s - a)(s - b)(s - c).
$$

Next,

$$
s^4 \ge 27s(s-a)(s-b)(s-c) = 27\Delta^2,
$$
  
so  $s^2 \ge 3\sqrt{3}\Delta$  and  $s \ge 3\sqrt{3}\frac{\Delta}{s} = 3\sqrt{3}r$ .

Finally,  $2s = a + b + c \ge 6\sqrt{3}r$ . [WEIFFTTIE].

*Theorem* 8: Let  $t = \sqrt[4]{27} = 2.279507...$  . Then  $(\frac{1}{2}t)R \ge \sqrt{\Delta} \ge tr$ . [WEIFFTTIE].

*Proof*: We have  $r_a + r_b + r_c = 4R + r$  (Lemma 4) and  $r_a r_b r_c = \frac{1}{r} \Delta^2$ (Lemma 11). Applying the AM-GM inequality, we get

$$
r_a + r_b + r_c \ge 3\sqrt[3]{r_a r_b r_c}
$$
  
or 
$$
4R + r \ge 3\sqrt[3]{\frac{\Delta^2}{r}}
$$
  
or 
$$
r (4R + r)^3 \ge 27\Delta^2.
$$

Using  $\frac{1}{2}R \ge r$  this becomes  $27R^4 \ge 16\Delta^2$  or  $\frac{1}{2}tR \ge \sqrt{\Delta}$ , as claimed. Also, applying the AM-GM inequality to  $\frac{1}{n}$ ,  $\frac{1}{n}$  and  $\frac{1}{n}$  we get *ra* 1 *rb* 1 *rc*

$$
\frac{1}{r_a} + \frac{1}{r_b} + \frac{1}{r_c} \ge 3\sqrt[3]{\frac{1}{r_a} \cdot \frac{1}{r_b} \cdot \frac{1}{r_c}}
$$

which by Lemmas 9 and 11 gives  $\Delta^2 \ge 27r^4$  or  $\sqrt{\Delta} \ge tr$ . So  $\frac{t}{2}R \ge \sqrt{\Delta} \ge tr$ . [WEIFFTTIE].

*Theorem* 9: We have  $4s^3 \ge 27\Delta R$ . [WEIFFTTIE].

*Proof:* Since  $2s = a + b + c \geqslant 3\sqrt[3]{abc}$ , the result follows at once by Lemma 10.

*References*

- 1. Nguyen Xuan Tho, Inequalities involving the inradius and altitudes of a triangle, *Math. Gaz*. **106** (July 2022) pp. 341-342.
- 2. H. S. Hall and S. R. Knight, *Elementary Trigonometry*, Macmillan, London (1955).
- 3. A. S. Posamentier and I. Lehmann, *The Secrets of Triangles*, Prometheus Books, New York (2012).



## **108.34 One sharpening of the Garfunkel-Bankoff inequality and some applications**

*Garfunkel-Bankoff inequality*

For a triangle *ABC* we use the notation  $\sum \tan^2 \frac{A}{2}$  and  $\prod \sin \frac{A}{2}$  for the cyclic sum and the cyclic product respectively. Then we have *Theorem* 1: In any triangle *ABC* holds

 $\sum \tan^2 \frac{A}{2} \ge 2 - 8 \prod \sin \frac{A}{2} + (1 - 8 \prod \sin \frac{A}{2}) \prod \tan^2 \frac{A}{2}$  $(1)$ *Proof*: By the well-known identities

$$
\sum \tan^2 \frac{A}{2} = \frac{(4R + r)^2}{s^2} - 2, \quad \prod \sin \frac{A}{2} = \frac{r}{4R}, \quad \prod \tan \frac{A}{2} = \frac{r}{s}
$$

where  $R$ ,  $r$  and  $s$  are the circumradius, inradius and semiperimeter of the triangle, inequality (1) is transformed to

$$
\frac{(4R+r)^2}{s^2} - 2 \ge 4 - \frac{2r}{R} + \frac{r^2}{s^2} \left(1 - \frac{2r}{R}\right)
$$