# HYPERBOLIC DISTANCE, $\lambda$-APOLLONIAN METRIC AND JOHN DISKS 

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#### Abstract

In this paper, by using the hyperbolic distance and the $\lambda$-Apollonian metric, we establish a sufficient condition for a simply connected proper subdomain $D \subset \mathbf{C}$ to be a John disk. We also construct two examples to show that the converse of this result does not necessarily hold. As a consequence the answer to Conjecture 6.2.12 in the Ph.D. thesis of Broch [2] is negative.


## 1. Introduction and main results

As in [9] and [13], a simply connected proper domain $D$ of the complex plane $\mathbf{C}$ is called $a b$-John disk if for any two points $z_{1}, z_{2} \in D$, there is a rectifiable arc $\alpha \subset D$ joining them with

$$
\min _{j=1,2} \ell\left(\alpha\left[z_{j}, z\right]\right) \leq b \operatorname{dist}(z, \partial D) \quad \text { for all } z \in \alpha
$$

where $b$ is a positive constant. Here $\ell\left(\alpha\left[z_{j}, z\right]\right)$ denotes the Euclidean arclength of the subarc of $\alpha$ with the endpoints $z_{j}$ and $z ; \operatorname{dist}(z, \partial D)$ denotes the Euclidean distance from $z$ to $\partial D$ which is the boundary of $D$. We call a domain $D$ a John disk if it is a $b$-John disk for some positive constant $b$.

It has been known that a Jordan domain $D \subset \mathbf{C}$ is a quasidisk if and only if both $D$ and $D^{*}=\mathbf{C} \backslash \bar{D}$ are John disks (cf. [10]), and every quasidisk is a John disk (see [5]). Hence John disks can be thought of as "one-sided quasidisks". Also several other necessary and sufficient conditions for $D$ to be a John disk have been given. For example, Näkki and Väisälä obtained the following

Theorem A. [13] Let $D$ be a simply connected proper subdomain in C. Then the following conditions are equivalent.

[^0](1) $D$ is a $b$-John disk.
(2) For each $x \in \mathbf{R}^{2}$ and $r>0$, any two points in $D \backslash \overline{\mathbf{B}}(x, r)$ can be joined by an arc in $D \backslash \overline{\mathbf{B}}\left(x, \frac{r}{c}\right)$, where the constants $b$ and $c$ depend only on each other and $\mathbf{B}(x, r)$ denotes the disk with the center $x$ of radius $r$.
(3) For every straight crosscut $\alpha$ of $D$ dividing $D$ into subdomain $D_{1}$ and $D_{2}$, we have $\min _{j=1,2} \operatorname{diam}\left(D_{j}\right) \leq c \operatorname{diam}(\alpha)$, where the constants $b$ and $c$ depend only on each other and $\operatorname{diam}(\alpha)$ means the diameter of $\alpha$.

John disks appear naturally in many areas of analysis (see [12, 13]). In [10], Kim and Langmeyer presented a number of results characterizing $b$-John disk (see [10, Theorem 2.3]). To present our main result, we need some preparation. The following result, which is actually planar version of [10, Theorem 4.1], characterizes $b$-John disk, in terms of a bound for hyperbolic distance.

Theorem B. A simply connected proper subdomain $D \subset \mathbf{C}$ is a $b$-John disk if and only if there exists a constant $c \geq 1$ such that

$$
h_{D}\left(z_{1}, z_{2}\right) \leq c j_{D}^{\prime}\left(z_{1}, z_{2}\right)
$$

for all $z_{1}, z_{2} \in D$. Here the constants $b$ and $c$ depend only on each other.
The definitions of $h_{D}$ and $j_{D}^{\prime}$ are presented in Section 2.
By using the hyperbolic distance $h_{D}$ and the $\lambda$-Apollonian metric $a_{D}^{\prime}$ (see again Section 2 for its definition) in $D$, Broch [2, Theorem 6.2.9] obtained the following result which again provides a necessary and sufficient condition for a Jordan domain to be a $b$-John disk.

Theorem C. [2] A Jordan proper subdomain $D \subset \mathbf{C}$ is a $b$-John disk if and only if there are constants $\mu$ and $\nu$ such that

$$
h_{D}\left(z_{1}, z_{2}\right) \leq \mu a_{D}^{\prime}\left(z_{1}, z_{2}\right)+\nu
$$

for all pairs $z_{1}, z_{2} \in D$, where $\mu$ and $\nu$ depend only on $b$, and $b$ depends only on $\mu$ and $\nu$.

By comparing Theorem C with Theorem B, Broch [2, Conjecture 6.2.12] raised the following conjecture.

Conjecture 1.1. A simply connected (Jordan) domain $D \subset \mathbf{C}$ is a b-John disk if and only if there is a constant $c$ such that

$$
h_{D}\left(z_{1}, z_{2}\right) \leq c a_{D}^{\prime}\left(z_{1}, z_{2}\right)
$$

for all pairs $z_{1}, z_{2} \in D$. Here the constants $b$ and $c$ depend only on each other.
For a discussion on related problems, we refer to $[1,3,4,7,8,9,11,12]$.
In this paper, we mainly consider Conjecture 1.1. Our main results follow.
Theorem 1.2. Let $L_{1}=\{z:|z+1|=1, \operatorname{Im} z \geq 0\}, L_{2}=\{-2+i y:$ $-1 \leq y \leq 0\}, L_{3}=\{x-i:-2 \leq x \leq 2\}, L_{4}=\{2+i y:-1 \leq y \leq 0\}$ and $L_{5}=\{z:|z-1|=1, \operatorname{Im} z \geq 0\}$. Let $D$ be the bounded domain bounded by $L_{j}$,
$j=1,2, \ldots, 5$. Then $D$ is a $b$-John disk with $0<b \leq 6(2+\sqrt{2})$, but there does not exist a constant $c$ such that

$$
h_{D}\left(z_{1}, z_{2}\right) \leq c a_{D}^{\prime}\left(z_{1}, z_{2}\right)
$$

for all $z_{1}, z_{2} \in D$.
Theorem 1.3. Let $D^{*}=\left\{x+i y: x>0,|y|<\frac{1}{2}\right\}$ and $D=\mathbf{C} \backslash \overline{D^{*}}$. Then $D$ is a $b$-John disk for some $b=6$, but there does not exist any constant $c$ such that

$$
h_{D}\left(z_{1}, z_{2}\right) \leq c a_{D}^{\prime}\left(z_{1}, z_{2}\right)
$$

for all $z_{1}, z_{2} \in D$.
Theorems 1.2 and 1.3 show that the answer to Conjecture 1.1 is negative irrespective of whether $D$ is bounded or unbounded.

## 2. Preliminary material

Throughout the discussion we restrict ourselves to simply connected proper subdomains $D$ of the complex plane $\mathbf{C}=\mathbf{R}^{2}$. The hyperbolic density at $z \in D$ is given by

$$
\rho_{D}(z)=\rho_{\mathbf{B}}(g(z))\left|g^{\prime}(z)\right|,
$$

where $\rho_{\mathbf{B}}(z)=2 /\left(1-|z|^{2}\right)$ and $g$ is a conformal mapping of $D$ onto the unit disk $\mathbf{B} \subset \mathbf{C}$. Then for any pair of points $z_{1}$ and $z_{2}$ in $D$, we define

$$
h_{D}\left(z_{1}, z_{2}\right)=\inf _{\alpha} \int_{\alpha} \rho_{D}(z)|d z| \quad \text { and } \quad k_{D}\left(z_{1}, z_{2}\right)=\inf _{\alpha} \int_{\alpha} \frac{|d z|}{\operatorname{dist}(z, \partial D)}
$$

where each infimum in the above is taken over all rectifiable curves $\alpha$ in $D$ from $z_{1}$ to $z_{2}$. The quantities $h_{D}\left(z_{1}, z_{2}\right)$ and $k_{D}\left(z_{1}, z_{2}\right)$ are called the hyperbolic distance and quasihyperbolic distance between $z_{1}, z_{2}$, respectively. The idea of quasihyperbolic distance was introduced in [7] and developed in [7, 6]. Also, it is well known that for all pairs $z_{1}$ and $z_{2}$ in $D$ there exists a unique hyperbolic geodesic curve $\beta$ from $z_{1}$ to $z_{2}$, i.e. a curve $\beta$ along which the above infimum is obtained, and

$$
h_{D}\left(z_{1}, z_{2}\right)=\int_{\beta} \rho_{D}(z)|d z| .
$$

It follows from $[2,14,6]$ that
Lemma 2.1. For all $z_{1}, z_{2} \in D$,

$$
\frac{1}{2} k_{D}\left(z_{1}, z_{2}\right) \leq h_{D}\left(z_{1}, z_{2}\right) \leq 2 k_{D}\left(z_{1}, z_{2}\right)
$$

and

$$
k_{D}\left(z_{1}, z_{2}\right) \geq \log \left(1+\frac{\left|z_{1}-z_{2}\right|}{\operatorname{dist}\left(z_{j}, \partial D\right)}\right) \quad(j=1,2)
$$

For a pair of points $z_{1}, z_{2}$ in $D$, the inner distance between them is defined by

$$
\lambda_{D}\left(z_{1}, z_{2}\right)=\inf \left\{\ell(\alpha): \alpha \subset D \text { is a rectifiable arc joining } z_{1} \text { and } z_{2}\right\} .
$$

We call $\lambda_{D}$ the inner metric on $D$. A point $w$ in the boundary $\partial D$ of $D$ is said to be rectifiably accessible if there is a half open rectifiable arc $\alpha$ in $D$ ending at $w$. Let $\partial_{r} D$ denote the subset of $\partial D$ which consists of all the rectifiably accessible points, that is

$$
\partial_{r} D=\{w \in \partial D: w \text { is rectifiably accessible }\} .
$$

Further, as in [2], we define the $\lambda$-Apollonian metric $a_{D}^{\prime}$, in terms of inner distances, by

$$
a_{D}^{\prime}\left(z_{1}, z_{2}\right)=\sup _{w_{1}, w_{2} \in \partial_{r} D} \log \left(\left|z_{1}, z_{2}, w_{1}, w_{2}\right|_{\lambda}\right),
$$

where

$$
\left|z_{1}, z_{2}, w_{1}, w_{2}\right|_{\lambda}=\frac{\lambda_{D}\left(z_{1}, w_{1}\right) \lambda_{D}\left(z_{2}, w_{2}\right)}{\lambda_{D}\left(z_{1}, w_{2}\right) \lambda_{D}\left(z_{2}, w_{1}\right)}
$$

At this place, it might be important to point out that $a_{D}^{\prime} \neq a_{D}^{\prime \prime}$, if $a_{D}^{\prime \prime}$ denotes the inner Apollonian metric defined by

$$
a_{D}^{\prime \prime}\left(z_{1}, z_{2}\right)=\inf \left\{\ell_{a}(\alpha): \alpha \subset D \text { is a rectifiable arc joining } z_{1} \text { and } z_{2}\right\} .
$$

Also as in [2], we define a metric $j_{D}^{\prime}\left(z_{1}, z_{2}\right)$ for any $z_{1}, z_{2} \in D$ by

$$
j_{D}^{\prime}\left(z_{1}, z_{2}\right)=\log \left(1+\frac{\lambda_{D}\left(z_{1}, z_{2}\right)}{\operatorname{dist}\left(z_{1}, \partial D\right)}\right)\left(1+\frac{\lambda_{D}\left(z_{1}, z_{2}\right)}{\operatorname{dist}\left(z_{2}, \partial D\right)}\right) .
$$

This version of the metric is obtained by replacing the Euclidean distances in the $j_{D}$-metric introduced by Gehring and Osgood [6] by inner distances. Note that sometimes, our $j_{D}^{\prime}$ is multiplied by a factor $1 / 2$. We also recall that the relation between $k_{D}$ and $j_{D}^{\prime}$ in John disks is stated in Theorem B and Lemma 2.1. We end the section with the following result.

Lemma 2.2. Suppose that $D$ is a simply connected proper subdomain in $\mathbf{C}$. Then

$$
a_{D}^{\prime}\left(z_{1}, z_{2}\right) \leq j_{D}^{\prime}\left(z_{1}, z_{2}\right)
$$

for all $z_{1}, z_{2} \in D$.
Proof. For any $w \in \partial_{r} D$, we know

$$
\frac{\lambda_{D}\left(z_{1}, w\right)}{\lambda_{D}\left(z_{2}, w\right)} \leq \frac{\lambda_{D}\left(z_{1}, z_{2}\right)+\lambda_{D}\left(z_{2}, w\right)}{\lambda_{D}\left(z_{2}, w\right)}=1+\frac{\lambda_{D}\left(z_{1}, z_{2}\right)}{\lambda_{D}\left(z_{2}, w\right)} \leq 1+\frac{\lambda_{D}\left(z_{1}, z_{2}\right)}{\operatorname{dist}\left(z_{2}, \partial D\right)} .
$$

Thus, by the symmetry and the arbitrariness of $w_{1}, w_{2} \in \partial_{r} D$ in the definition of $a_{D}^{\prime}$, we have

$$
a_{D}^{\prime}\left(z_{1}, z_{2}\right) \leq \log \left(1+\frac{\lambda_{D}\left(z_{1}, z_{2}\right)}{\operatorname{dist}\left(z_{1}, \partial D\right)}\right)\left(1+\frac{\lambda_{D}\left(z_{1}, z_{2}\right)}{\operatorname{dist}\left(z_{2}, \partial D\right)}\right)=j_{D}^{\prime}\left(z_{1}, z_{2}\right) .
$$

Corollary 2.3. Suppose that $D$ is a simply connected proper subdomain in $\mathbf{C}$ and that there is a constant $c$ such that

$$
h_{D}\left(z_{1}, z_{2}\right) \leq c a_{D}^{\prime}\left(z_{1}, z_{2}\right)
$$

for all $z_{1}, z_{2} \in D$. Then $D$ is a $b$-John disk, where $b$ depends only on $c$.
Proof. By Lemma 2.2, we see that there exists a constant $c$ such that

$$
h_{D}\left(z_{1}, z_{2}\right) \leq c a_{D}^{\prime}\left(z_{1}, z_{2}\right) \leq c j_{D}^{\prime}\left(z_{1}, z_{2}\right) .
$$

It follows from Theorem B that $D$ is a $b$-John disk, where $b$ depends only on $c$.

## 3. Proof of main theorems

For the proof of Theorem 1.2, we need the following lemma.
Lemma 3.1. Let $D$ be the bounded domain bounded by $L_{j}(j=1,2, \ldots, 5)$ as in Theorem 1.2. Let $z_{1}=-t^{2}-i t \in D$ with $0<t<1 / 2$, and $z_{2}=-\overline{z_{1}}$. Then we have

$$
\begin{equation*}
\frac{\lambda_{D}\left(z_{2}, p\right)}{\lambda_{D}\left(z_{1}, p\right)} \leq 1+4 t^{2} \tag{3.2}
\end{equation*}
$$

and

$$
\begin{equation*}
\frac{\lambda_{D}\left(z_{1}, p\right)}{\lambda_{D}\left(z_{2}, p\right)} \leq 1+4 t^{2} \tag{3.3}
\end{equation*}
$$

for all $p \in \partial D$.
Proof. Obviously, it is sufficient to prove (3.2). The proof of (3.3) easily follows from the proof of (3.2).

Let $L_{j}(j=1,2, \ldots, 5)$ be defined in Theorem 1.2. Then $\partial D=\bigcup_{j=1}^{5} L_{j}$, see Figure 1. For any $p=(x, y) \in L_{1}$, we divide the proof into several steps.

Case (i). Let $x>-2 t^{2} /\left(1+t^{2}\right)$. Then $(1+x / 2)\left(1+t^{2}\right)>1$. Now we compute $\left(1+t^{2}\right) \lambda_{D}^{2}\left(z_{1}, p\right)-\lambda_{D}^{2}\left(z_{2}, p\right)$
$=\left(1+t^{2}\right)\left|z_{1}-p\right|^{2}-\left(\left|z_{2}\right|+|p|\right)^{2}$
$=\left(1+t^{2}\right)\left|z_{1}-p\right|^{2}-\left(\left|z_{1}\right|+|p|\right)^{2}$
$=\left(1+t^{2}\right)\left[\left(x+t^{2}\right)^{2}+(y+t)^{2}\right]-\left(\sqrt{x^{2}+y^{2}}+\sqrt{t^{2}+t^{4}}\right)^{2}$,
$=2 t\left[\left(1+t^{2}\right) y-\sqrt{-2 x} \sqrt{1+t^{2}}+t^{3}(x+1 / 2)+t^{5} / 2\right] \quad\left(\right.$ since $\left.x^{2}+y^{2}=-2 x\right)$
$=2 t\left[\sqrt{1+t^{2}} \sqrt{-2 x}\left(\sqrt{1+t^{2}} \sqrt{1+x / 2}-1\right)+t^{3}(x+1 / 2)+t^{5} / 2\right]$
which is clearly nonnegative and hence, we have

$$
\frac{\lambda_{D}\left(z_{2}, p\right)}{\lambda_{D}\left(z_{1}, p\right)} \leq \sqrt{1+t^{2}}
$$

Note that $\sqrt{1+t^{2}}<1+4 t^{2}$ for $0<t<1 / 2$.


Figure 1. The domain $D$ bounded by five curves $L_{j}(j=1,2, \ldots, 5)$.
Case (ii). Let $x \leq-2 t^{2} /\left(1+t^{2}\right)$. Then $0 \leq(1+x / 2)\left(1+t^{2}\right) \leq 1$. In this case, we see that

$$
\begin{aligned}
\left(1+4 t^{2}\right) \lambda_{D}^{2}\left(z_{1}, p\right)-\lambda_{D}^{2}\left(z_{2}, p\right)= & \left(1+4 t^{2}\right)\left|z_{1}-p\right|^{2}-\left|z_{2}-p\right|^{2} \\
= & \left(1+4 t^{2}\right)\left[\left(x+t^{2}\right)^{2}+(y+t)^{2}\right] \\
& -\left[\left(x-t^{2}\right)^{2}+(y+t)^{2}\right] \\
= & 4 t^{2}\left[-x\left(1-2 t^{2}\right)+t^{4}+t^{2}+2 t y\right] \geq 0,
\end{aligned}
$$

since $x^{2}+y^{2}=-2 x$ and $0<t<1 / 2$. It follows that

$$
\frac{\lambda_{D}\left(z_{2}, p\right)}{\lambda_{D}\left(z_{1}, p\right)} \leq \sqrt{1+4 t^{2}}
$$

Thus, (3.2) holds when $p \in L_{1}$.
If $p \in L_{2}$, then we see that $\lambda_{D}\left(z_{1}, p\right) \geq 2-t^{2}$. If $p \in L_{3}$, then we find that $\lambda_{D}\left(z_{1}, p\right) \geq 1-t$. Consequently, we easily obtain that

$$
\frac{\lambda_{D}\left(z_{2}, p\right)}{\lambda_{D}\left(z_{1}, p\right)} \leq \frac{\lambda_{D}\left(z_{1}, p\right)+\left|z_{1}-z_{2}\right|}{\lambda_{D}\left(z_{1}, p\right)}=1+\frac{2 t^{2}}{\lambda_{D}\left(z_{1}, p\right)} \leq \begin{cases}1+\frac{16}{7} t^{2} & \text { if } p \in L_{2} \\ 1+4 t^{2} & \text { if } p \in L_{3}\end{cases}
$$

Finally, if $p \in L_{4} \cup L_{5}$, it is obvious that

$$
\frac{\lambda_{D}\left(z_{2}, p\right)}{\lambda_{D}\left(z_{1}, p\right)} \leq 1
$$

The proof of (3.2) is completed.
Proof of Theorem 1.2. The equivalence of (1) and (3) in Theorem A implies that $D$ is a $b$-John disk for some constant $b$ with $0<b \leq 6(2+\sqrt{2})$.

Suppose, on the contrary, that there exists a constant $c$ such that

$$
\begin{equation*}
h_{D}\left(z_{1}, z_{2}\right) \leq c a_{D}^{\prime}\left(z_{1}, z_{2}\right) \tag{3.4}
\end{equation*}
$$

for all $z_{1}, z_{2} \in D$.
Let $z_{1}$ and $z_{2}$ be as in Lemma 3.1. Then (3.2) and (3.3) imply that

$$
a_{D}^{\prime}\left(z_{1}, z_{2}\right)=\sup _{w_{1}, w_{2} \in \partial_{r} D} \log \left(\frac{\lambda_{D}\left(z_{1}, w_{1}\right) \lambda_{D}\left(z_{2}, w_{2}\right)}{\lambda_{D}\left(z_{1}, w_{2}\right) \lambda_{D}\left(z_{2}, w_{1}\right)}\right) \leq 2 \log \left(1+4 t^{2}\right) .
$$

By Lemma 2.1, we deduce that

$$
h_{D}\left(z_{1}, z_{2}\right) \geq \frac{1}{2} \log \left(1+\frac{\left|z_{1}-z_{2}\right|}{\operatorname{dist}\left(z_{1}, \partial D\right)}\right)=\frac{1}{2} \log \left(1+\frac{2 t}{\sqrt{t^{2}+1}}\right) .
$$

Thus, by assumption (3.4), these two inequalities yield that

$$
\log \left(1+\frac{2 t}{\sqrt{t^{2}+1}}\right) \leq 2 h_{D}\left(z_{1}, z_{2}\right) \leq 2 c a_{D}^{\prime}\left(z_{1}, z_{2}\right) \leq 4 c \log \left(1+4 t^{2}\right)
$$

But, on the other hand,

$$
\lim _{t \rightarrow 0} \frac{\log \left(1+2 t / \sqrt{t^{2}+1}\right)}{\log \left(1+4 t^{2}\right)}=\infty
$$

which is a contradiction and we complete the proof of Theorem 1.2.
Before the proof of Theorem 1.3, we prove the following lemma.
Lemma 3.5. Let $D$ be as in Theorem 1.3 and let $z_{1}=x_{0}+\frac{1}{2} i, z_{2}=\overline{z_{1}}$ with $x_{0}<0$. Then we have

$$
\begin{equation*}
\frac{\lambda_{D}\left(z_{1}, p\right)}{\lambda_{D}\left(z_{2}, p\right)} \leq \sqrt{1+\frac{1}{\operatorname{dist}\left(z_{2}, \partial D\right)^{2}}} \tag{3.6}
\end{equation*}
$$

and

$$
\begin{equation*}
\frac{\lambda_{D}\left(z_{2}, p\right)}{\lambda_{D}\left(z_{1}, p\right)} \leq \sqrt{1+\frac{1}{\operatorname{dist}\left(z_{1}, \partial D\right)^{2}}} \tag{3.7}
\end{equation*}
$$

for all $p \in \partial D$.
Proof. Let $L_{1}=\{x+i / 2: x>0\}, L_{2}=\{i y:-1 / 2 \leq y \leq 1 / 2\}, L_{3}=$ $\{x-i / 2: x>0\}$, see Figure 2.

We need only to prove (3.6) as the proof of (3.7) easily follows from that of (3.6).


Figure 2. $D$, the exterior of the region bounded by $L_{1}, L_{2}, L_{3}$.
If $p \in L_{1}$, then we have

$$
\lambda_{D}\left(z_{1}, p\right)=\left|z_{1}-p\right|=\operatorname{dist}\left(z_{1}, \partial D\right)+|p-i / 2|
$$

and

$$
\lambda_{D}\left(z_{2}, p\right)=\lambda_{D}\left(z_{2}, i / 2\right)+|p-i / 2|=\sqrt{1+\operatorname{dist}\left(z_{1}, \partial D\right)^{2}}+|p-i / 2|
$$

so that (3.6) becomes obvious.
If $p \in L_{2}$, then

$$
\lambda_{D}\left(z_{1}, p\right)=\left|z_{1}-p\right| \quad \text { and } \quad \lambda_{D}\left(z_{2}, p\right)=\left|z_{2}-p\right| .
$$

Obviously,

$$
\frac{\lambda_{D}\left(z_{1}, p\right)}{\lambda_{D}\left(z_{2}, p\right)} \leq \frac{\lambda_{D}\left(z_{1},-i / 2\right)}{\lambda_{D}\left(z_{2},-i / 2\right)} \leq \frac{\left|z_{1}+i / 2\right|}{\left|z_{2}+i / 2\right|}=\sqrt{1+\frac{1}{\operatorname{dist}\left(z_{2}, \partial D\right)^{2}}} .
$$

If $p \in L_{3}$, then

$$
\lambda_{D}\left(z_{2}, p\right)=\left|z_{2}-p\right|=\operatorname{dist}\left(z_{2}, \partial D\right)+|p+i / 2|
$$

and

$$
\lambda_{D}\left(z_{1}, p\right)=\lambda_{D}\left(z_{1},-i / 2\right)+|p+i / 2|=\sqrt{1+\operatorname{dist}\left(z_{2}, \partial D\right)^{2}}+|p+i / 2|
$$

We now obtain that

$$
\frac{\lambda_{D}\left(z_{1}, p\right)}{\lambda_{D}\left(z_{2}, p\right)} \leq \frac{\lambda_{D}\left(z_{1},-i / 2\right)}{\lambda_{D}\left(z_{2},-i / 2\right)}=\frac{\sqrt{1+\operatorname{dist}\left(z_{2}, \partial D\right)^{2}}}{\operatorname{dist}\left(z_{2}, \partial D\right)}=\sqrt{1+\frac{1}{\operatorname{dist}\left(z_{2}, \partial D\right)^{2}}}
$$

The proof is completed.

Proof of Theorem 1.3. Clearly, (2) in Theorem A holds with $c=1$ and so, one could get an explicit constant, for instance $b=6$. Now, the equivalence of (1) and (2) in Theorem A implies that $D$ is a $b$-John disk with $b=6$.

Suppose, on the contrary, that there exists a constant $c$ such that

$$
\begin{equation*}
h_{D}\left(z_{1}, z_{2}\right) \leq c a_{D}^{\prime}\left(z_{1}, z_{2}\right) \tag{3.8}
\end{equation*}
$$

for all $z_{1}, z_{2} \in D$, where $D$ is as in Theorem 1.3.
Now, let $z_{1}$ and $z_{2}$ be as in Lemma 3.5. Then

$$
\begin{aligned}
a_{D}^{\prime}\left(z_{1}, z_{2}\right) & =\sup _{w_{1}, w_{2} \in \partial_{r} D} \log \left(\frac{\lambda_{D}\left(z_{1}, w_{1}\right) \lambda_{D}\left(z_{2}, w_{2}\right)}{\lambda_{D}\left(z_{1}, w_{2}\right) \lambda_{D}\left(z_{2}, w_{1}\right)}\right) \\
& \leq \log \left(\sqrt{1+\frac{1}{\operatorname{dist}\left(z_{2}, \partial D\right)^{2}}} \sqrt{1+\frac{1}{\operatorname{dist}\left(z_{1}, \partial D\right)^{2}}}\right) .
\end{aligned}
$$

We know that

$$
\begin{equation*}
a_{D}^{\prime}\left(z_{1}, z_{2}\right) \leq \log \left(1+\frac{1}{\operatorname{dist}\left(z_{1}, \partial D\right)^{2}}\right) \tag{3.9}
\end{equation*}
$$

since $\operatorname{dist}\left(z_{1}, \partial D\right)=\operatorname{dist}\left(z_{2}, \partial D\right)$.
It follows from Lemma 2.1, (3.8) and (3.9) that

$$
\log \left(1+\frac{1}{\operatorname{dist}\left(z_{1}, \partial D\right)}\right) \leq 2 c \log \left(1+\frac{1}{\operatorname{dist}\left(z_{1}, \partial D\right)^{2}}\right)
$$

But

$$
\lim _{x_{0} \rightarrow-\infty} \frac{\log \left(1+\frac{1}{\operatorname{dist}\left(z_{1}, \partial D\right)}\right)}{\log \left(1+\frac{1}{\operatorname{dist}\left(z_{1}, \partial D\right)^{2}}\right)}=\infty
$$

This is the desired contradiction.
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