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## PROOF OF SOME CONJECTURES ON THE <br> MEAN-VALUE OF TITCHMARSH SERIES-I BY

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§ 1. INTRODUCTION. When we are integrating a function related to a series which we call TITCHMARSH SERIES, (a function of a real variable $t)|F(i t)|$, or $|F(i t)|^{2}$ from $t=0$ to $t=H(H \geq 10)$ we encounter the following situation. Let $a_{1}=\lambda_{1}=1$ and $\left\{a_{n}\right\}(n=1,2,3, \cdots)$ be a sequence of complex numbers and $\left\{\lambda_{n}\right\}$ ( $n=1,2,3, \cdots$ ) an increasing sequence of real numbers with $\frac{1}{C} \leq \lambda_{n+1}-\lambda_{n} \leq C$ for $n \geq 1$, where $C$ is a positive constant. We suppose $a_{n}$ to depend on $n$ and $H$ such that $\left|a_{n}\right| \leq(n H)^{A}$ for $n \geq 2$ and more generally we suppose that $\left|a_{n}\right| n^{-A}$ is bounded above by a suitable big function (of $A$ and) $H$, where $A$ is a positive integer constant. (Also in the paper that follows K. Ramachandra $[R]_{2}$ considers the case where instead of these conditions $\sum_{n \leq X}\left|a_{n}\right|$ is bounded above by suitable functions of $X$ and $H$ for all $X \geq 2$ ). We refer to all such series $\left(F(s)=\sum_{n=1}^{\infty}\left(a_{n} \lambda_{n}^{-s}\right), s=\sigma+i t, \sigma \geq A+2\right)$ as TITCHMARSH SERIES. Trivially $F(s)$ is analytic in $\sigma \geq A+2$ and we suppose that $F(s)$ can be continued analytically in ( $\sigma \geq 0,0 \leq t \leq H$ ) some times with some "growth conditions on certain lines". We put $B=A+2$. We prove in all five main theorems (the last two are in $[R]_{2}$, the paper that follows) on Titchmarsh series. Theorems 2 and 3 are sharper versions of two conjectures (stated by K. Ramachandra $[R]_{1}$ in Durham Conference held in 1979). The last two
main theorems essentially due to $K$. Ramachandra $[R]_{2}$ are published in the next paper. The first three are jointly due to R. Balasubramanian and K. Ramachandra and are published in the present paper. We begin by stating a main lemma.
§ 2. MAIN LEMMA. Let $r$ be a positive integer $H \geq(r+5) U, U \geq$ $2^{70}(16 B)^{2}$ and $N$ and $M$ positive integers subject to $N>M \geq 1$. Let $b_{m}(m \leq M)$ and $c_{n}(n \geq N)$ be complex numbers and $A(s)=\sum_{m \leq M} b_{m} \lambda_{m}^{-s}$. Let $B(s)=\sum_{n \geq N} c_{n} \lambda_{n}^{-2}$ be absolutely convergent in $\sigma \geq A+2$ and continuable analytically in $\sigma \geq 0$. Write $g(s)=A(-s) B(s)$,

$$
G(s)=U^{-r} \int_{0}^{U} d u_{r} \cdots \int_{0}^{U} d u_{1}(g(s+i \lambda))
$$

(here and elsewhere $\lambda=u_{1}+u_{2}+\cdots+u_{r}$ ). Assume that there exist real numbers $T_{1}$ and $T_{2}$ with $0 \leq T_{1} \leq U, H-U \leq T_{2} \leq H$, such that

$$
\left|g\left(\sigma+i T_{1}\right)\right|+\left|g\left(\sigma+i T_{2}\right)\right| \leq \operatorname{Exp} \operatorname{Exp}\left(\frac{U}{16 B}\right)
$$

uniformly in $0 \leq \sigma \leq B$. (As stated already $B=A+2$ ). Let

$$
S_{1}=\sum_{m \leq M, n \geq N}\left|b_{m} c_{n}\right|\left(\frac{\lambda_{m}}{\lambda_{n}}\right)^{B} 2^{r}\left(U \log \frac{\lambda_{n}}{\lambda_{m}}\right)^{-r},
$$

and

$$
S_{2}=\sum_{m \leq M, n \geq N}\left|b_{m} c_{n}\right|\left(\frac{\lambda_{m}}{\lambda_{n}}\right)^{B} .
$$

Then

$$
\begin{aligned}
\left|\int_{2 U}^{H-(r+3) U} G(i t) d t\right| \leq & \left|U^{-r} \int_{0}^{U} d u_{r} \cdots \int_{0}^{U} d u_{1} \int_{2 U+\lambda}^{H-(r+3) U+\lambda} g(i t) d t\right| \\
\leq & 2 B^{2} U^{-10}+54 B U^{-1} \int_{0}^{H}|g(i t)| d t \\
& +\left(H+64 B^{2}\right) S_{1}+16 B^{2} E x p\left(-\frac{U}{8 B}\right) S_{2} .
\end{aligned}
$$

To prove this main lemma we need five lemmas. After proving these we complete the proof of the main lemma.
LEMMA 2.1. Let $z=x+i y$ be a complex variable with $|x| \leq \frac{1}{4}$. Then,
we have,
(a) $\left|\operatorname{Exp}\left((\operatorname{Sin} z)^{2}\right)\right| \leq e^{\frac{1}{2}}<2$ for all $y$
and
(b) If $|y| \geq 2$,

$$
\left|\operatorname{Exp}\left((\operatorname{Sin} z)^{2}\right)\right| \leq e^{\frac{1}{2}}(\operatorname{Exp} \operatorname{Exp}|y|)^{-1}<2(\operatorname{Exp} \operatorname{Exp}|y|)^{-1} .
$$

PROOF. We have

$$
\begin{aligned}
\operatorname{Re}(\operatorname{Sin} z)^{2} & =-\frac{1}{4} \operatorname{Re}\left\{\left(e^{i(x+i y)}-e^{-i(x+i y)}\right)^{2}\right\} \\
& =-\frac{1}{4} \operatorname{Re}\left\{e^{2 i x-2 y}+e^{-2 i x+2 y}-2\right\} \\
& =\frac{1}{2}-\frac{1}{4}\left\{\left(e^{-2 y}+e^{2 y}\right) \cos (2 x)\right\}
\end{aligned}
$$

But in $|x| \leq \frac{1}{4}$, we have $\cos (2 x)=\cos (|2 x|) \geq \cos \frac{1}{2} \geq \cos \frac{\pi}{6} \geq \frac{\sqrt{3}}{2}$. The rest of the proof is trivial since (i) $\cosh y$ is an increasing function of $|\boldsymbol{y}|$ and (ii) for $|y| \geq 2$

$$
\operatorname{Exp}\left(-\frac{\sqrt{3}}{8} e^{2|y|}\right) \leq(\operatorname{Exp} \operatorname{Exp}|y|)^{-1}
$$

since $e^{2}>(2.7)^{2}$ and $\frac{8}{\sqrt{3}}<\frac{8 \times 1.8}{3}=4.8$ and so $e^{2}>\frac{8}{\sqrt{3}}$. The lemma is completely proved.

LEMMA 2.2. For any two real numbers $k$ and $\sigma$ with $0<|\sigma| \leq 2 B$, we have,

$$
\int_{-\infty}^{\infty}\left|\operatorname{Exp}\left(\operatorname{Sin}^{2}\left(\frac{i k-\sigma-i u_{1}}{8 B}\right)\right) \frac{d u_{1}}{i k-\sigma-i u_{1}}\right| \leq 12+4 \log \left|\frac{2 B}{\sigma}\right| .
$$

PROOF. Split the integral into three parts $J_{1}, J_{2}$ and $J_{3}$ corresponding to $\left|u_{1}-k\right| \geq 2 B,|\sigma| \leq\left|u_{1}-k\right| \leq 2 B$ and $\left|u_{1}-k\right| \leq \sigma$. The contribution to $J_{1}$ from $\left|u_{1}-k\right| \geq 16 B$ is (by (b) of Lemma 2.1)

$$
\begin{aligned}
& \leq \frac{2 \frac{1}{2}}{16 B} \int_{16 B}^{\infty} \operatorname{Exp}\left(-\frac{u}{8 B}\right) d u_{1} \\
& =e^{\frac{1}{2}} \int_{2}^{\infty} \operatorname{Exp}\left(-u_{1}\right) d u_{1}=\operatorname{Exp}\left(-\frac{3}{2}\right)
\end{aligned}
$$

The contribution to $J_{1}$ from $2 B \leq\left|u_{1}-k\right| \leq 16 B$ is (by (a) of Lemma 2.1)

$$
\leq e^{\frac{1}{2}} \int_{2 B \leq\left|u_{1}-k\right| \leq 16 B}\left|u_{1}-k\right|^{-1} d u_{1}=2 e^{\frac{1}{2}} \log 8=6 e^{\frac{1}{2}} \log 2
$$

Now

$$
\begin{gathered}
6 e^{\frac{1}{2}} \log 2+E x p\left(-\frac{3}{2}\right)<6\left(1+\frac{1}{2}+\frac{1}{2 \cdot 2^{2}}+\frac{1}{6 \cdot 2^{2}}\right)\left(\frac{1}{2}+\frac{1}{2 \cdot 2^{2}}+\frac{1}{3 \cdot 2^{2}}\right) \\
+\left(\frac{1}{2 \cdot 7}\right)^{3 / 2}<8
\end{gathered}
$$

Thus $\left|J_{1}\right| \leq 8$. Using (a) of Lemma 2.1 we have $\left|J_{2}\right| \leq 4 \log \left|\frac{2 B}{\sigma}\right|$. In $J_{3}$ the integrand is at most $e^{\frac{1}{2}} \sigma^{-1}$ in absolute value and $30\left|J_{3}\right| \leq 2 e^{\frac{1}{2}} \leq 4$. Hence the lemma is completely proved.

LEMMA 2.3. If $n>m$, we have, for all real $k$,

$$
\left|\int_{0}^{U} d u_{r} \cdots \int_{0}^{U} d u_{1}\left(\frac{\lambda_{m}}{\lambda_{n}}\right)^{i(k+\lambda)}\right| \leq 2^{r}\left(\log \frac{\lambda_{n}}{\lambda_{m}}\right)^{-}
$$

PROOF. Trivial.
LEMMA 2.4. For all real $t$ and all $D \geq B$, we have,

$$
|G(D+i t)| \leq S_{1} \text { and }|g(D+i t)| \leq S_{2} .
$$

PROOF. We have, trivially,

$$
|g(D+i t)| \leq \sum_{m \leq M, n \geq N}\left|b_{m} c_{n}\right|\left(\frac{\lambda_{m}}{\lambda_{n}}\right)^{D}
$$

and the second result follows on observing that $\frac{\lambda_{m}}{\lambda_{n}}<1$ and so $\left(\frac{\lambda_{n}}{\lambda_{n}}\right)^{D} \leq$ $\left(\frac{\lambda_{m}}{\lambda_{n}}\right)^{B}$.

Next

$$
\begin{gathered}
G(D+i t)=U^{-r} \int_{0}^{U} d u_{\tau} \cdots \int_{0}^{U} d u_{1}(g(D+i t+i \lambda)) \\
=U^{-r} \sum_{m \leq M, n \geq N} b_{m} c_{n}\left(\frac{\lambda_{m}}{\lambda_{n}}\right)^{D} \int_{0}^{U} d u_{\tau} \cdots \int_{0}^{U} d u_{1}\left(\frac{\lambda_{m}}{\lambda_{n}}\right)^{i(t+\lambda)} .
\end{gathered}
$$

Using Lemma 2.3 and observing $\left(\frac{\lambda_{m}}{\lambda_{n}}\right)^{D} \leq\left(\frac{\lambda_{m}}{\lambda_{n}}\right)^{B}$ the first result follows.
LEMMA 2.5 Let $0<\sigma \leq B$ and $2 U \leq t \leq H-(r+3) U$. Then, for $H \geq(r+5) U$ and $U \geq(20)!(16 B)^{2}$, we have,

$$
\begin{gathered}
|G(\sigma+i t)| \leq B U^{-10}+U^{-1}\left(2+4 \log \frac{2 B}{\sigma}\right) \int_{0}^{H}|g(i t)| d t \\
+16 S_{1} \log (2 B)+8 B S_{2} \operatorname{Exp}\left(-\frac{U}{8 B}\right)
\end{gathered}
$$

REMARK. (20)! < $2^{70}$.
PROOF. We note, by Cauchy's theorem, that

$$
\begin{aligned}
& 2 \pi i g(\sigma+i t+i \lambda)=\int_{i T_{1}}^{B+1+i T_{1}}+\int_{B+1+i T_{1}}^{B+1+i T_{2}}-\int_{i T_{2}}^{B+1+i T_{2}}-\int_{i T_{1}}^{i T_{2}} \\
& \left\{g(w) \operatorname{Exp}\left(\operatorname{Sin}^{2}\left(\frac{w-\sigma-i t-i \lambda}{8 B}\right)\right)\right\}_{w-\sigma-i t-i \lambda} \frac{d w}{} \\
& J_{1}+J_{2}-J_{3}-J_{4} \text { say. }
\end{aligned}
$$

We write

$$
\begin{aligned}
2 \pi i G(\sigma+i t) & =2 \pi i U^{-r} \int_{0}^{U} d u_{r} \cdots \int_{0}^{U} d u_{1}(g(\sigma+i t+i \lambda)) \\
& =U^{-r} \int_{0}^{U} d u_{r} \cdots \int_{0}^{U} d u_{1}\left(J_{1}+J_{2}-J_{3}-J_{4}\right) \\
& =J_{5}+J_{B}-J_{7}-J_{8} \text { say. }
\end{aligned}
$$

Let us look at $J_{5}$. In $J_{1}$ (also in $\left.J_{3}\right)|g(w)| \leq \operatorname{Exp} \operatorname{Exp}\left(\frac{U}{16 B}\right)$ (by the definition of $T_{1}$ and $T_{2}$ ). Also by using Lemma 2.1 (b) (since $|\operatorname{Re} w-\sigma| \leq B+1 \leq 2 B$, and $\left.|I m(w-i t-i \lambda)| \geq U \geq(20)!(16 B)^{2}\right)$, we have,

$$
\left|\operatorname{Exp}\left(\left(\frac{w-\sigma-i t-i \lambda}{8 B}\right)\right)\right| \leq 2 \operatorname{Exp}\left(-\frac{U}{8 B}\right) .
$$

Hence

$$
\begin{aligned}
\left|J_{1}\right| & \leq \frac{2(B+1)}{U} \operatorname{Exp}\left(\operatorname{Exp} \frac{U}{16 B}-\operatorname{Exp} \frac{U}{8 B}\right) \\
& \leq \frac{2(B+1)}{U} \operatorname{Exp}\left(-\left(\operatorname{Exp} \frac{U}{16 B}\right)\left(\operatorname{Exp} \frac{U}{16 B}-1\right)\right) \\
& \leq \frac{B}{2} U^{-10},
\end{aligned}
$$

since $U \geq(20)!(16 B)^{2}$ and so $\operatorname{Exp} \frac{U}{16 B}-1 \geq 1$ and $\operatorname{Exp}\left(-E x p \frac{U}{16 B}\right) \leq$ $\operatorname{Exp}\left(-\operatorname{Exp} U^{\frac{1}{2}}\right) \leq \operatorname{Exp}\left(-U^{\frac{1}{2}}\right) \leq(20)!U^{-10}$. Thus $\left|J_{5}\right| \leq \frac{1}{2} B U^{-10}$. Similarly, $\left|J_{7}\right| \leq \frac{1}{2} B U^{-10}$. Next

$$
\begin{gathered}
J_{8}=U^{-r} \int_{i T_{1}}^{i T_{2}} g(w) d w \int_{0}^{U} d u_{r} \cdots \int_{0}^{U} d u_{2} \int_{0}^{U} \\
\operatorname{Exp}\left(\sin ^{2}\left(\frac{w-\sigma-i t-i \lambda}{8 B}\right)\right) \frac{d u_{1}}{w-\sigma-i t-i \lambda}
\end{gathered}
$$

We note that $w-\sigma-i t-i \lambda=i k-\sigma-i u_{1}$ where $k=I m w-t-u_{2} \cdots-u_{r}$. Hence the $u_{1}$-integral is in absolute value (by Lemma 2.2)

$$
\leq 12+4 \log \frac{2 B}{\sigma}
$$

This shows that

$$
\begin{aligned}
\left|J_{8}\right| & \leq U^{-r} \int_{i T_{1}}^{i T_{2}}|g(w) d w|\left\{U^{r-1}\left(12+4 \log \frac{2 B}{\sigma}\right)\right\} \\
& \leq U^{-1}\left(12+4 \log \frac{2 B}{\sigma}\right) \int_{0}^{H}|g(i t)| d t
\end{aligned}
$$

Finally we consider $J_{6}$.

$$
\begin{aligned}
J_{0}= & U^{-r} \int_{0}^{U} d u_{r} \cdots \int_{0}^{U} d u_{1} \int_{B+1+i T_{1}}^{B+1+i T_{2}} g(w) \operatorname{Exp}\left(\operatorname{Sin}^{2}\left(\frac{w-\sigma-i t-i \lambda}{8 B}\right)\right) \frac{d w}{w-\sigma-i t-} \\
= & U^{-r} \int_{0}^{U} d u_{r} \cdots \int_{0}^{U} d u_{1} \int_{B+1-\sigma+i T_{1}-i t-i \lambda}^{B+1-\sigma+i T_{2-i t-i \lambda}} g(w+\sigma+i t+i \lambda) \\
& E x p\left(\operatorname{Sin}^{2}\left(\frac{w}{8 B}\right)\right) \frac{d w}{w} .
\end{aligned}
$$

Using Lemma 2.1 (b) we extend the range of integration of $w$ to $(B+1-$ $\sigma-i \infty, B+1-\sigma+i \infty)$ and this gives an error which is at most

$$
\begin{gathered}
U^{-r} \int_{0}^{U} d u_{r} \cdots \int_{0}^{U} d u_{1} \int_{|I m w| \geq U, R e w=B+1-\sigma} \mid g(w+\sigma+i t+i \lambda) \\
\left.E \operatorname{Exp}\left(\operatorname{Sin}^{2}\left(\frac{w}{8 B}\right)\right) \frac{d w}{w} \right\rvert\,
\end{gathered}
$$

By Lemma 2.4 this is

$$
\leq S_{2} U^{-r} \int_{0}^{U} d u_{r} \cdots \int_{0}^{U} d u_{1} \int_{|I m w| \geq U, R e w=B+1-\sigma}\left|\operatorname{Exp}\left(\operatorname{Sin}^{2} \frac{w}{8 B}\right) \frac{d w}{w}\right|
$$

Here the innermost integral is (by Lemma 2.1(b))

$$
\leq \frac{4}{U} \int_{U}^{\infty} E x p\left(-\frac{u}{8 B}\right) d u \leq \int_{U}^{\infty} E x p\left(-\frac{u}{8 B}\right) d u=8 B \operatorname{Exp}\left(-\frac{U}{8 B}\right)
$$

Thus the error does not exceed $8 B S_{2} E x p\left(-\frac{U}{8 B}\right)$ and so

$$
\begin{aligned}
& \left|J_{6}\right| \leq\left|U^{-r} \int_{0}^{U} d u_{r} \cdots \int_{0}^{U} d u_{1} \int_{B+1-\sigma-i \infty}^{B+i-\sigma+i \infty} g(w+\sigma+i t+i \lambda) \operatorname{Exp}\left(\operatorname{Sin}^{2}\left(\frac{w}{8 B}\right)\right) \frac{d w}{w}\right| \\
& +8 B S_{2} \operatorname{Exp}\left(-\frac{U}{8 B}\right) \\
& =\left\lvert\, U^{-r} \int_{B+1-\sigma-i \infty}^{B+1-\sigma+i \infty} \operatorname{Exp}\left(\operatorname{Sin}^{2}\left(\frac{w}{8 B}\right)\right) \frac{d w}{w} \int_{0}^{U} d u_{r} \cdots \int_{0}^{U} d u_{1} g(w+\sigma+i t+\right. \\
& i \lambda) \left\lvert\,+8 B S_{2} \operatorname{Exp}\left(-\frac{U}{8 B}\right)\right. \\
& =\left|\int_{B+1-\sigma-i \infty}^{B+1-\sigma+i \infty} G(w+\sigma+i t) \operatorname{Exp}\left(\operatorname{Sin}^{2}\left(\frac{w}{8 B}\right)\right) \frac{d w}{w}\right|+8 B S_{2} \operatorname{Exp}\left(-\frac{U}{8 B}\right) .
\end{aligned}
$$

Using the first part of Lemma 2.4 we obtain

$$
\begin{aligned}
\left|J_{6}\right| & \leq S_{1} \int_{B+1-\sigma-i \infty}^{B+1-\sigma+i \infty}\left|\operatorname{Exp}\left(\operatorname{Sin}^{2}\left(\frac{w}{8 B}\right)\right) \frac{d w}{w}\right|+8 B S_{2} \operatorname{Exp}\left(-\frac{U}{8 B}\right) \\
& \leq S_{1}\left(12+4 \log \frac{2 B}{B+1-\sigma}\right)+8 B S_{2} \operatorname{Exp}\left(-\frac{U}{8 B}\right)
\end{aligned}
$$

by using Lemma 2.2. Thus

$$
\left|J_{8}\right| \leq 16 S_{1} \log (2 B)+8 B S_{2} E x p E x p\left(-\frac{U}{8 B}\right) .
$$

This completes the proof of the lemma.
We are now in a position to complete the proof of the main lemma. We first remark that

$$
\begin{aligned}
& 4 \int_{0}^{B} \log \frac{2 B}{\sigma} d \sigma=4 B \log 2+4 \sqrt{2} \int_{0}^{B}\left(\frac{B}{\sigma}\right)^{\frac{1}{2}} d \sigma \\
& <4\left(\frac{1}{2}+\frac{1}{2 \cdot 2^{2}}+\frac{1}{3 \cdot 2^{2}}\right) B+(8 \times 1.415) B<15 B .
\end{aligned}
$$

By Cauchy's theorem, we have,

$$
\begin{aligned}
\int_{2 U}^{H-(r+3) U} G(i t) i d t= & \int_{i(2 U)}^{i(H-(r+3) U)} G(s) d s \\
= & \int_{i(2 U)}^{B+i(2 U)} G(s) d s+\int_{B+i(2 U)}^{B+i(H-(r+3) U)} G(s) d s- \\
& -\int_{i(H-(r+3) U)}^{B+i(H-(r+3) U)} G(s) d s \\
= & J_{1}+J_{2}-J_{3} \text { say. }
\end{aligned}
$$

Using the estimate given in Lemma 2.5, we see that

$$
\begin{aligned}
\left|J_{1}\right| \leq & \int_{0}^{B}\left(B U^{-10}+\frac{\left(12+4 \log \frac{2 B}{\sigma}\right)}{U} \int_{0}^{H}|g(i t)| d t\right. \\
& \left.+16(\log (2 B)) S_{1}+8 B S_{2} \operatorname{Exp}\left(-\frac{U}{8 B}\right)\right) d \sigma \\
\leq & \left.B^{2} U^{-10}+\frac{12 B+15 B}{U} \int_{0}^{H} \right\rvert\,\left(g(i t) \mid d t+16 B S_{1} \log (2 B)\right. \\
& +8 B^{2} S_{2} \operatorname{Exp}\left(-\frac{U}{8 B}\right) .
\end{aligned}
$$

The same estimate holds for $\left|J_{3}\right|$ also. For $\left|J_{2}\right|$ we use the estimate given in Lemma 2.4 to get

$$
\left|J_{2}\right| \leq H S_{1} .
$$

This completes the proof of the main lemma.
§ 3. FIRST MAIN THEOREM. Let $A, B, C$ be as before $0<\varepsilon \leq \frac{1}{2}, r \geq$ $\left[(200 A+200) \varepsilon^{-1}\right],\left|a_{n}\right| \leq n^{A} H^{\frac{\pi x}{8}}$. Then $F(s)=\sum_{n=1}^{\infty} a_{n} \lambda_{n}^{-\infty}$ is analytic in $\sigma \geq A+2$. Let $K \geq 30, U=H^{1-\frac{5}{2}}+50 B \log \log K_{1}$. Assume that

$$
H \geq\left(120 B^{2} C^{2 A+4}\left(4 r C^{2}\right)^{r}\right)^{\frac{400}{e}}+(100 r B)^{20} \log \log K_{1}
$$

and that there exist $T_{1}, T_{2}$ with $0 \leq T_{1} \leq U, H-U \leq T_{2} \leq H$ such that

$$
\left|F\left(\sigma+i T_{1}\right)\right|+\left|F\left(\sigma+i T_{2}\right)\right| \leq K
$$

uniformly in $0 \leq \sigma \leq B$ where $F(s)$ is assumed to be analytically continuable in $\sigma \geq 0$. Then

$$
\int_{0}^{H}|F(i t)|^{2} d t \geq\left(\bar{H}-10 r C^{2} H^{1-\frac{5}{4}}-100 r B \log \log K_{1}\right) \sum_{n \leq H^{1-\varepsilon}}\left|a_{n}\right|^{2},
$$

where

$$
K_{1}=\left(\sum_{n \leq H^{1-\varepsilon}}\left|a_{n}\right| \lambda_{n}^{B}\right) K+\left(\sum_{n \leq H^{1-\varepsilon}}\left|a_{n}\right| \lambda_{n}^{B}\right)^{2} .
$$

REMARK 1. We need the conditions $H \geq(r+5) U, U \geq 2^{70}(16 B)^{2}$ in the application of the main lemma. All such conditions are satisfied by our lower bound choice for $H$. We have not attempted to obtain economical
lower bounds.
REMARK 2. Taking $F(s)=\left(\zeta\left(\frac{1}{2}+i t+i T\right)\right)^{k}$ in the first main theorem we obtain the following as an immediate corollary. Let $C(\varepsilon, k) \log \log T \leq$ $H \leq T$. Then for all integers $k \geq 1$
$\frac{1}{H} \int_{T}^{T+H}\left|\zeta\left(\frac{1}{2}+i t\right)\right|^{2 k} d t \geq(1-\varepsilon) \sum_{n \leq H^{1-\varepsilon}}\left(d_{k}(n)\right)^{2} n^{-1} \geq\left(C_{k}^{\prime}-2 \varepsilon\right)(\log H)^{k^{2}}$,
where

$$
C_{k}^{\prime}=\left(\Gamma\left(k^{2}+1\right)\right)^{-1} \prod_{p}\left\{\left(1-p^{-1}\right)^{k^{2}} \sum_{m=0}^{\infty}\left(\frac{\Gamma(k+m)}{\Gamma(k) m!}\right)^{2} p^{-m}\right\} .
$$

(This is because it is well-known that

$$
\left.\sum_{n \leq X}\left(d_{k}(n)\right)^{2} n^{-1}=\left\{C_{k}^{\prime}+O\left(\frac{1}{\log X}\right)\right\}(\log X)^{k^{2}}\right)
$$

Our third main theorem gives a sharpening of this. The third main theorem is sharper than the conjecture (stated by K. Ramachandra $[\mathrm{R}]_{i}$ in Durham conference 1979). The conjecture (as also the weaker form of the conjecture proved by him in the conference) would only give

$$
\frac{1}{H} \int_{T}^{T+H}\left|\zeta\left(\frac{1}{2}+i t\right)\right|^{2 k} d t \gg_{k}(\log H)^{k^{2}} \text { in } C(k) \log \log T \leq H \leq T .
$$

But the third main Theorem gives
$\frac{1}{H} \int_{T}^{T+H}\left|\zeta\left(\frac{1}{2}+i t\right)\right|^{2 k} d t \geq C_{k}^{\prime}(\log H)^{k^{2}}+O\left(\frac{\log \log T}{H}(\log H)^{k^{2}}\right)+O\left((\log H)^{k^{2}-1}\right)$
where the $O$-constants depend only on $k$.
REMARK 3. The first main theorem gives a lower bound for $\frac{1}{H} \int_{T}^{T+H}$ | $\left.\zeta\left(\frac{1}{2}+i t\right)\right|^{2 k} d t$ uniformly in $1 \leq k \leq \log H, T \geq H \geq 30$ and $C \log \log T \leq$ $H \leq T$. From this it follows (as was shown in $[\mathrm{B}]_{1}$ ) that for $C \operatorname{loglog} T \leq$ $H \leq T$ we have uniformly

$$
\max _{T \leq i \leq T+H} \left\lvert\, \zeta\left(\frac{1}{2}+i t\right)>E x p\left(\frac{3}{4} \sqrt{\frac{\log H}{\log \log H}}\right)\right.
$$

if $C$ is choosen to be a large positive constant. On Riemann hypothesis we can deduce from the first main theorem the following more general result. Let $\theta$ be fixed and $0 \leq \theta<2 \pi$. Put $z=e^{i \theta}$. Then (on Riemann hypothesis), we have,

$$
\max _{T \leq i \leq T+H}\left|\left(\zeta\left(\frac{1}{2}+i t\right)\right)^{2}\right|>\operatorname{Exp}\left(\frac{3}{4} \sqrt{\frac{\log H}{\log \log H}}\right)
$$

where the LHS is interpreted as $\lim _{\sigma \rightarrow \frac{1}{2}+0}$ of the same expression with $\frac{1}{2}+i t$ replaced by $\sigma+i t$. This result with $\theta=\frac{\pi}{2}$ and $\frac{3 \pi}{2}$ gives a quantitative improvement of some results of J.H. Mueller [M].
PROOF. Write $M=\left[H^{1-\varepsilon}\right], N=M+1, A(s)=\sum_{m \leq M} \bar{a}_{m} \lambda_{m}^{-2}, \bar{A}(s)=$ $\sum_{m \leq M} a_{m} \lambda_{m}^{-s}, B(s)=\sum_{n \geq N} a_{n} \lambda_{n}^{-2}$. Then we have, in $\sigma \geq A+2$,

$$
F(s)=\bar{A}(s)+B(s) .
$$

Also,

$$
\begin{aligned}
|F(i t)|^{2} & =|\bar{A}(i t)|^{2}+2 \operatorname{Re}(A(-i t) B(i t))+|B(i t)|^{2} \\
& \geq|\bar{A}(i t)|^{2}+2 \operatorname{Re}(g(i t))
\end{aligned}
$$

where $g(s)=A(-s) B(s)$. Hence

$$
\begin{aligned}
\int_{0}^{H}|F(i t)|^{2} d t & \geq U^{-r} \int_{0}^{U} d u_{r} \cdots \int_{0}^{U} d u_{1} \int_{2 U+\lambda}^{H-(r+3) U+\lambda}|F(i t)|^{2} d t \\
& \geq U^{-r} \int_{0}^{U} d u_{r} \cdots \int_{0}^{U} d u_{1} \int_{2 U+\lambda}^{H-(r+3) U+\lambda}\left(|\bar{A}(i t)|^{2}+2 \operatorname{Re} g(i t)\right) d t \\
& =J_{1}+2 J_{2} \text { say. }
\end{aligned}
$$

Now $\log \left(\frac{\lambda_{n+1}}{\lambda_{n}}\right)=-\log \left(1-\left(1-\frac{\lambda_{n}}{\lambda_{n+1}}\right)\right) \geq \frac{\lambda_{n+1}-\lambda_{n}}{\lambda_{n}+1} \geq\left(2 n C^{2}\right)^{-1}$. Hence by Montgomery-Vaughan theorem,

$$
\begin{aligned}
J_{1} & \geq \int_{2 U}^{H-(r+3) U}|\bar{A}(i t)|^{2} d t \\
& \geq \sum_{n \leq M}\left(H-(r+5) U-100 C^{2} n\right)\left|a_{n}\right|^{2}
\end{aligned}
$$

We have

$$
\begin{aligned}
& |g(s)|=|A(-s) B(s)|=|A(-s)(F(s)-A(s))| \\
& \leq\left(\sum_{n \leq H^{1-\varepsilon}}\left|a_{n}\right| \lambda_{n}^{B}\right) K+\left(\sum_{n \leq H^{1-\varepsilon}}\left|a_{n}\right| \lambda_{n}^{B}\right)^{2} \\
& =K_{1} .
\end{aligned}
$$

By the main lemma, we have,

$$
\begin{align*}
\left|J_{2}\right| & \leq\left|U^{-r} \int_{0}^{U} d u_{r} \cdots \int_{0}^{U} d u_{1} \int_{2 U+\lambda}^{H-(r+3) U+\lambda} g(i t) d t\right| \\
& \leq \frac{2 B^{2}}{W^{T}}+\frac{54 B}{U} \int_{0}^{H}|g(i t)| d t+\left(H+64 B^{2}\right) S_{1}+16 B^{2} S_{2} \operatorname{Exp}\left(-\frac{U}{8 B}\right) . \tag{3.1}
\end{align*}
$$

We simplify the last expression in (3.1). We can assume that $\int_{0}^{H}\left|F^{\prime}(i t)\right|^{2}$ $d t \leq H \sum_{n \leq H^{1-\epsilon}}\left|a_{n}\right|^{2}$ (otherwise the result is trivially true). Hence

$$
\begin{aligned}
& \int_{0}^{H}|g(i t)| d t=\int_{0}^{H}|A(-i t) B(i t)| d t \\
& \leq \int_{0}^{H}|A(-i t)|^{2} d t+\int_{0}^{H}|B(i t)|^{2} d t \\
& \leq \int_{0}^{H}|A(-i t)|^{2} d t+\int_{0}^{H}|F(i t)-\bar{A}(i t)|^{2} d t \\
& \leq 3 \int_{0}^{H}|A(-i t)|^{2} d t+2 \int_{0}^{H}|F(i t)|^{2} d t \\
& \leq 3 \sum_{n \leq M}\left(H+100 C^{2} n\right)\left|a_{n}\right|^{2}+2 H \sum_{n \leq M}\left|a_{n}\right|^{2} \\
& \leq\left(300 C^{2}+5\right) H \sum_{n \leq M}\left|a_{n}\right|^{2} .
\end{aligned}
$$

$$
\begin{aligned}
S_{2} & \leq \sum_{m \leq M, n \geq N}\left|b_{m} c_{n}\right|\left(\frac{\lambda_{m}}{\lambda_{n}}\right)^{A+2} \\
& \leq \sum_{m \leq M, n \geq N}\left|a_{m} a_{n}\right|\left(\frac{\lambda_{m}}{\lambda_{n}}\right)^{A+2} \\
& \leq \sum_{m \leq M, n \geq N} m^{A} H^{\frac{\pi}{8}} n^{A} H^{\frac{\pi}{8}}\left(C^{2} m n^{-1}\right)^{A+2} \\
& \leq H^{\frac{r \pi}{4}} C^{2 A+4} \sum_{m \leq M} m^{2 A+2} \sum_{n \geq N} n^{-2} \\
& \leq H^{\frac{\pi r}{4}+2 A+3} C^{2 A+4} \text { since } \frac{\pi^{2}}{6}-1<1
\end{aligned}
$$

Now

$$
S_{1} \leq\left(U \log \frac{\lambda_{N}}{\lambda_{M}}\right)^{-r} 2^{r} S_{2}
$$

and

$$
\begin{gathered}
\log \frac{\lambda_{N}}{\lambda_{M}} \geq \frac{1}{2} \frac{\lambda_{N}-\lambda_{M}}{\lambda_{M}} \geq\left(2 C^{2} M\right)^{-1} \\
U \log \left(\frac{\lambda_{N}}{\lambda_{M}}\right) \geq\left(2 C^{2}\right)^{-1} H^{\frac{e}{2}}
\end{gathered}
$$

Thus

$$
\begin{aligned}
\left|J_{2}\right| \leq & \frac{2 B^{2}}{U^{10}}+54 B\left(300 C^{2}+5\right) H U^{-1} \sum_{n \leq M}\left|a_{n}\right|^{2} \\
& +\left(H+64 B^{2}\right) H^{-\frac{r e}{4}+2 A+3} 2^{r}\left(2 C^{2}\right)^{r} C^{2 A+4} \\
& +16 B^{2} E x p\left(-\frac{U}{8 B}\right) H^{\frac{r e}{4}+2 A+3} C^{2 A+4} .\left(\text { Note } a_{1}=\lambda_{1}=1\right)
\end{aligned}
$$

So

$$
\begin{aligned}
& (r+5) U+100 C^{2} H^{1-\varepsilon}+2\left|J_{2}\right|\left(\sum_{n \leq M}\left|a_{n}\right|^{2}\right)^{-1} \\
& \leq(r+5) H^{1--\frac{e}{2}}+100 C^{2} H^{1-\varepsilon}+100 B r \log \log K_{1} \\
& +\frac{4 B^{2}}{H^{5}}+108 B\left(300 C^{2}+5\right) H^{\frac{\varepsilon}{2}}+128\left(2^{r}\right)\left(2 C^{2}\right)^{r} B^{2} H^{2 A+4-50 A} C^{2 A+4} \\
& +32 B^{2} C^{2 A+4} r!(8 B)^{r} H^{2 A+3+\frac{\pi}{2}-\frac{r}{2}} \\
& \leq 100 B r \log \log K_{1}+r C^{2} H^{1-\frac{\varepsilon}{4}}\left\{\frac{r+5}{r C^{2} H^{\frac{T}{4}}}+\frac{100 C^{2}}{H^{\frac{1}{4}}}\right. \\
& \left.+\frac{4 B^{2}}{H^{5}}+\frac{108 B\left(300 C^{2}+5\right)}{H^{1-\frac{4}{4}}}+128\left(2^{r}\right)\left(2 C^{2}\right)^{r} B^{2} H^{-1} C^{2 A+4}+32 B^{2} C^{2 A+4} r!(8 B)^{r} H^{-1}\right\} \\
& \leq 100 B r \log \log K_{1}+10 C^{2} r H^{1-\frac{2}{4}} .
\end{aligned}
$$

This completes the proof of the theorem.
§ 4. SECOND MAIN THEOREM. We assume the same conditions as in the first main theorem except that we change the definition of $U$ to $U=H^{\frac{7}{8}}+50 B \log \log K_{2}$. Then there holds

$$
\int_{0}^{H}|F(i t)| d t \geq H-10 r H^{\frac{7}{8}}-100 r B \log \log K_{2}
$$

where $K_{2}=K+1$.
REMARK. Conditions like $H \geq(r+5) U, U \geq 2^{70}(16 B)^{2}$ are taken care of by the inequality for $H$.
PROOF. We have,

$$
\begin{aligned}
& \int_{0}^{H}|F(i t)| d t \geq U^{-r} \int_{0}^{U} d u_{r} \cdots \int_{0}^{U} d u_{1} \int_{2 U+\lambda}^{H-(r+3) U+\lambda}|F(i t)| d t \\
& \geq U^{-r} \operatorname{Re}\left(\int_{0}^{U} d u_{r} \cdots \int_{0}^{U} d u_{1} \int_{2 U+\lambda}^{H-(r+3) U+\lambda} F(i t) d t\right) \\
& =U^{-r} \operatorname{Re}\left\{\int_{0}^{U} d u_{r} \cdots \int_{0}^{U} d u_{1} \int_{2 U+\lambda}^{H-(r+3) U+\lambda}(1+A(-i t) B(i t)) d t\right\}
\end{aligned}
$$

(where $A(s) \equiv 1$ (i.e. $a_{1}=1=M$ ) and $\left.B(s)=F(s)-1\right)=J_{1}+\operatorname{Re} J_{2}$ say. Clearly $J_{1} \geq H-(r+5) U$. For $J_{2}$ we use the main lemma.

$$
\begin{equation*}
\left|J_{2}\right| \leq \frac{2 B^{2}}{U^{10}}+\frac{54 B}{U} \int_{0}^{H}|g(i t)| d t+\left(H+64 B^{2}\right) S_{1}+16 B^{2} \operatorname{Exp}\left(-\frac{U}{8 B}\right) S_{2} \tag{4.1}
\end{equation*}
$$

As in the proof of the first main theorem we can assume $\int_{0}^{H}|F(i t)| d t \leq H$ and so $\int_{0}^{H}|g(i t)| d t \leq 2 H$. We have $|g(s)| \leq K+1=K_{2}$. Now

$$
S_{2} \leq H^{\frac{r \varepsilon}{4}+2 A+3} C^{2 A+4}
$$

and $U \log \left(\frac{\lambda_{N}}{\lambda_{M}}\right)=U \log \lambda_{2} \geq(2 C)^{-1} U$,

$$
S_{1} \leq 2^{r} S_{2}\left(U \log \lambda_{2}\right)^{-r} \leq 2^{r} S_{2}\left((2 C)^{-1} U\right)^{-r} .
$$

This shows that

$$
\begin{aligned}
& (r+5) U+\left|J_{2}\right| \\
& \leq(r+5) U+\frac{2 B^{2}}{U^{10}}+\frac{54 B}{U} 2 H+\frac{\left(H+64 B^{2}\right)}{(2 C-1)^{r}} 2^{r} C^{2 A+4} H^{\frac{r e}{4}+2 A+3} \\
& +16 B^{2} \operatorname{Exp}\left(-\frac{U}{8 B}\right) H^{\frac{r e}{4}+2 A+3} C^{2 A+4} \\
& \leq 100 r B \log \log K_{2}+r H^{\frac{7}{8}}\left\{\frac{r+5}{r}+\frac{2 B^{2}}{r H^{\frac{60}{8}}}+\frac{108 B}{H^{\frac{2}{4}}}\right. \\
& +\left(H+64 B^{2}\right) 2^{r} C^{2 A+4} H^{\frac{r}{4}}+2 A+3+\frac{r}{16}-(r+1)^{\frac{7}{8}}
\end{aligned}
$$

$$
\begin{aligned}
& +16 B^{2} C^{2 A+4}(8 B)^{r} r!H^{\frac{\text { 年 }}{4}+2 A+3-\frac{7 r}{8}} \\
& \leq 10 r H^{\frac{2}{8}}+100 r B \log \log K_{2},
\end{aligned}
$$

when $H$ satisfies the inequality of the theorem.
§ 5. THIRD MAIN THEOREM. Let $\left\{a_{n}\right\}$ and $\left\{\lambda_{n}\right\}$ be as in the introduction and $\left|a_{n}\right| \leq(n H)^{A}$ where $A \geq 1$ is an integer constant. Then $F(s)=\sum_{n=1}^{\infty} a_{n} \lambda_{n}^{-s}$ is analytic in $\sigma \geq A+2$. Suppose $F(s)$ is analytically continuable in $\sigma \geq 0$. Assume that (for some $K \geq 30$ ) there exist $T_{1}$ and $T_{2}$ with $0 \leq T_{1} \leq H^{\frac{7}{8}}, H-H^{\frac{7}{8}} \leq T_{2} \leq H$ such that $\left|F\left(\sigma+i T_{1}\right)\right|+\left|F\left(\sigma+i T_{2}\right)\right| \leq K$ uniformly in $0 \leq \sigma \leq A+2$. Let

$$
H \geq(4 C)^{9000 A^{2}}+520000 A^{2} \log \log K_{3} .
$$

Then
$\int_{0}^{H}|F(i t)|^{2} d t \geq \sum_{n \leq \alpha H}\left(H-(3 C)^{1000 A} H^{\frac{7}{8}}-130000 A^{2} \log \log K_{3}-100 C^{2} n\right)\left|a_{n}\right|^{2}$,
where $\alpha=\left(200 C^{2}\right)^{-1} 2^{-8 A-20}$ and

$$
K_{3}=\left(\sum_{n \leq H}\left|a_{n}\right| \lambda_{n}^{B}\right) K+\left(\sum_{n \leq H}\left|a_{n}\right| \lambda_{n}^{B}\right)^{2} .
$$

To prove this theorem we need the following two lemmas.
LEMMA 5.1. In the interval $\left[\alpha H,\left(1600 C^{2}\right)^{-1} H\right]$ there exists an $X$ such that

$$
\sum_{x \leq n \leq x+H^{\frac{1}{4}}}\left|a_{n}\right|^{2} \leq H^{-\frac{1}{4}} \sum_{n \leq X}\left|a_{n}\right|^{2}
$$

provided $H \geq 2^{1000 A^{2}} C^{50 A}$.
PROOF. Assume that such an $X$ does not exist. Then for all $X$ in $\left[\alpha H,\left(1600 C^{2}\right)^{-1} H\right]$,

$$
\begin{equation*}
\sum_{x \leq n \leq X+H^{\frac{1}{2}}}\left|a_{n}\right|^{2}>H^{-\frac{1}{4}} \sum_{n \leq X}\left|a_{n}\right|^{2} \tag{5.1}
\end{equation*}
$$

Let $L=\alpha H, I_{j}=\left[2^{j-1} L, 2^{j} L\right]$ for $j=1,2, \cdots, 8 A+17$. Also let $I_{0}=[1, L]$. Put $S_{j}=\sum_{n \in I_{j}}\left|a_{n}\right|^{2}(j=0,1,2, \cdots, 8 A+17)$. For $j \geq 1$ divide the interval $I_{j}$ into maximum number of disjoint sub-intervals each of length $H^{\frac{1}{4}}$ (discarding the bit at one end). Since the lemma is assumed to be false the sum over each sub-interval is $\geq H^{-\frac{1}{4}} S_{j-1}$. The number of sub-intervals is $\geq\left[2^{j-1} L H^{-\frac{1}{4}}\right]-1 \geq 2^{j-2} L H^{-\frac{1}{4}}$ (provided $2^{j-1} L H^{-\frac{1}{4}}-2 \geq 2^{j-2} L H^{-\frac{1}{4}}$, i.e. $2^{j-2} L H^{-\frac{1}{4}} \geq 2$ i.e. $\alpha H^{\frac{3}{3}} \geq 4$ i.e. $\left.H \geq\left(4 \alpha^{-1}\right)^{\frac{4}{3}}\right)$. It follows that $S_{j} \geq 2^{j-2} L H^{-\frac{1}{2}} S_{j-1}$. By induction $S_{j} \geq\left(\frac{1}{2} L H^{-\frac{1}{2}}\right)^{j} S_{0}$. Since $S_{0} \geq 1$ we have in particular

$$
S_{8 A+17} \geq\left(\frac{1}{2} \alpha H^{\frac{1}{2}}\right)^{8 A+17} \geq\left(\frac{1}{2} \alpha\right)^{8 A+17} H^{4 A+\frac{1}{2} \cdot 17}
$$

On the other hand

$$
S_{8 A+17}=\sum_{\alpha_{1} H \leq n \leq \alpha_{2} H}\left|a_{n}\right|^{2} \leq \sum_{n \leq \alpha_{2} H}(n H)^{2 A},
$$

where $\alpha_{1}=16^{-1}\left(200 C^{2}\right)^{-1}$ and $\alpha_{2}=8^{-1}\left(200 C^{2}\right)^{-1}$. Thus $\dot{S}_{8 A+17} \leq H^{4 A+1}$. Combining the upper and lower bounds we are led to

$$
\begin{equation*}
H^{\frac{1}{2} \cdot 15} \leq\left(2 \alpha^{-1}\right)^{8 A+17} \tag{5.2}
\end{equation*}
$$

provided $H \geq\left(4 \alpha^{-1}\right)^{\frac{4}{3}}$ (the latter condition is satisfied by the inequality for $H$ prescribed by the Lemma). But (5.2) contradicts the inequality prescribed for $H$ by the lemma. This contradiction proves the Lemma.

From now on we assume that $X$ is as given by Lemma 5.1.
LEMMA 5.2. Let $\bar{A}(s)=\sum_{n \leq X} a_{n} \lambda_{n}^{-s}, E(s)=\sum_{X \leq n \leq X+H^{\frac{1}{t}}} a_{n} \lambda_{n}^{-s}$ and $B(s)=$ $F(s)-\bar{A}(s)-E(s)$. Clearly in $\sigma \geq A+2$ we have $B(s)=\sum a_{n} \lambda_{n}^{-s}$. Let $n \geq x+H$
$H \geq 2^{1000 A^{2}} C^{50 A}, U=H^{\frac{7}{8}}+100 B \operatorname{loglog} K_{3}, K_{3} \geq 30$ and $H \geq(2 r+5) U$. Then we have the following five inequalities.
(a) $\int_{0}^{H}|\bar{A}(i t)|^{2} d t \leq 100 C^{2} H \sum_{n \leq X}\left|a_{n}\right|^{2}$,
(b) $\int_{2 U+r U}^{H-(r+3) U}|\bar{A}(i t)|^{2} d t \geq \sum_{n \leq X}\left(H-(2 r+5) U-100 C^{2} n\right)\left|a_{n}\right|^{2}$,
(c) $\int_{0}^{H}|E(i t)|^{2} d t \leq 100 C^{2} H^{\frac{3}{4}} \sum_{n \leq X}\left|a_{n}\right|^{2}$,
(d) $\int_{0}^{H}|B(i t)|^{2} d t \leq 1000 C^{2} H \sum_{n \leq X}\left|a_{n}\right|^{2}$,
and firally
(e) $\int_{0}^{H}|A(-i t) B(i t)| d t \leq 400 C^{2} H \sum_{n \leq X}\left|a_{n}\right|^{2}$,
where (d) and (e) are true provided

$$
\int_{0}^{H}|F(i t)|^{2} d t \leq H \sum_{n \leq X}\left|a_{n}\right|^{2}
$$

PROOF. The inequalities (a) and (b) follow from the Montgomery-Vaughan theorem. From the same theorem

$$
\begin{aligned}
\int_{0}^{H}|E(i t)|^{2} d t & \leq \sum_{\substack{X \leq n \leq X+H^{\frac{1}{4}}}}\left(H+100 C^{2} n\right)\left|a_{n}\right|^{2} \\
& \leq 100 C^{2} H \sum_{x \leq n \leq X+H^{\frac{1}{4}}}\left|a_{n}\right|^{2}
\end{aligned}
$$

and hence (c) follows from Lemma 5.1. Since

$$
|B(i t)|^{2} \leq 9\left(|F(i t)|^{2}+|\bar{A}(i t)|^{2}+|E(i t)|^{2}\right)
$$

the inequality (d) follows from (a) and (c). Lastly (e) follows from (a) and (d). Thus the lemma is completely proved.

We are now in a position to prove the theorem. We write (with $\lambda=$ $u_{1}+u_{2}+\cdots+u_{r}$ as usual)

$$
\int_{0}^{H}|F(i t)|^{2} d t \geq U^{-r} \int_{0}^{U} d u_{r} \cdots \int_{0}^{U} d u_{1} \int_{2 U+\lambda}^{H-(r+3) U+\lambda}|F(i t)|^{2} d t
$$

(where $(r+5) U \leq H$ and $0 \leq u_{i} \leq U$. In fact we assume $(2 r+5) U \leq H$ ).

Now
$|F(i t)|^{2} \geq|\bar{A}(i t)|^{2}+2 \operatorname{Re}(A(-i t) B(i t))+2 \operatorname{Re}(A(-i t) E(i t))+2 \operatorname{Re}(\bar{B}(-i t) E(i t))$,
where $\bar{B}(s)$ is the analytic continuation of $\sum a_{n} \lambda_{n}^{-s}$. Accordingly $n \geq X+H^{\frac{1}{2}}$

$$
\begin{equation*}
\int_{0}^{H}|F(i t)|^{2} d t \geq J_{1}+J_{2}+J_{3}+J_{4} \tag{5.3}
\end{equation*}
$$

where

$$
\begin{gathered}
J_{1}=\int_{0}^{H}|\bar{A}(i t)|^{2} d t, J_{2}=2 R e \int_{0}^{H}(A(-i t) B(i t)) d t \\
J_{3}=2 R e \int_{0}^{H}(A(-i t) E(i t)) d t \text { and } J_{4}=2 R e \int_{0}^{H}(\bar{B}(-i t) E(i t)) d t .
\end{gathered}
$$

By Lemma 5.2(b), we have,

$$
J_{1} \geq \sum_{n \leq X}\left(H-(2 r+5) U-100 C^{2} n\right)\left|a_{n}\right|^{2}
$$

Also by Lemma 5.2 ((a) and (c)), we have,

$$
\left|J_{3}\right| \leq 2 \int_{0}^{H}|A(-i t) E(i t)| d t \leq 200 C^{2} H^{\frac{7}{8}} \sum_{n \leq X}\left|a_{n}\right|^{2}
$$

Similarly by Lemma 5.2 ((c) and (d)),

$$
\left|J_{4}\right| \leq 800 C^{2} H^{\frac{7}{8}} \sum_{n \leq X}\left|a_{n}\right|^{2}
$$

For $J_{2}$ we use the main lemma. We choose $U=H^{\frac{7}{8}}+100 B \log \log K_{3}$. We have $g(s)=A(-s) B(s)$. We have

$$
|g(s)| \leq\left(\sum_{n \leq H}\left|a_{n}\right| \lambda_{n}^{B}\right) K+\left(\sum_{n \leq H}\left|a_{n}\right| \lambda_{n}^{B}\right)^{2}=K_{3}
$$

By Lemma 5.2 ((e)) we have

$$
\int_{0}^{H}|g(i t)| d t \leq 400 C^{2} H \sum_{n \leq X}\left|a_{n}\right|^{2}
$$

Again

$$
\begin{aligned}
S_{2} & \leq \sum_{m \leq X, n \geq X+H^{\frac{1}{4}}}\left|a_{m}\right|\left|a_{n}\right|\left(\frac{\lambda_{m}}{\lambda_{m}}\right)^{A+2} \\
& \leq \sum_{m H)^{A}(n H)^{A}\left(C^{2} m n^{-1}\right)^{A+2}}\left(m H \leq n^{m}\right. \\
& \leq C^{2 A+4} H^{4 A+3} .
\end{aligned}
$$

Put $x=\frac{\lambda_{N}}{\lambda_{M}}-1$ where $N=\left[X+H^{\frac{1}{4}}\right], M=[X]$. Then $0<x<\frac{2 C(N-M)}{C^{-1} M}<$ $\frac{3 C^{2} H^{\frac{1}{4}}}{\alpha H}<\frac{1}{2}$ under the conditions on $H$ imposed in the theorem. Hence $U \log \left(\frac{\lambda_{N}}{\lambda_{M}}\right) \geq \frac{U}{2}\left(\frac{\lambda_{N}-\lambda_{M}}{\lambda_{M}}\right) \geq \frac{U}{2}\left(\frac{N-M-3}{C^{2} M}\right) \geq \frac{1}{2} H^{\frac{7}{8}}\left(\frac{H^{\frac{1}{4}}-3}{C^{2} H}\right) \geq \frac{H^{\frac{1}{8}}}{3 C^{2}}$, (under the conditions on $H$ imposed in the theorem). Thus

$$
S_{1} \leq 2^{r} S_{2} H^{-\frac{r}{8}}\left(3 C^{2}\right)^{r} .
$$

We choose $r=100 A+100$ and check that $U \geq 2^{70}(16 B)^{2}$, and that $H \geq$ $(2 r+5) U$. Thus by applying the main Lemma we obtain

$$
\begin{aligned}
\left|\frac{1}{2} J_{2}\right| \leq & \left\{\frac{2 B^{2}}{U^{10}}+\frac{54 B}{U}\left(400 C^{2} H\right)+\frac{\left(H+64 B^{2}\right) 2^{r} C^{2 A+4} H^{4 A+3}}{\left(\left(3 C^{2}\right)^{-1} H^{\frac{1}{8}}\right)^{r}}\right. \\
& \left.+16 B^{2} E x p\left(-\frac{U}{8 B}\right) C^{2 A+4} H^{4 A+3}\right\} \sum_{n \leq X}\left|a_{n}\right|^{2} .
\end{aligned}
$$

Hence

$$
\int_{0}^{H}|F(i t)|^{2} \geq \sum_{n \leq \alpha H}\left(H-D-100 C^{2} n\right)\left|a_{n}\right|^{2}
$$

where

$$
\begin{aligned}
& D=(2 r+5) U+1000 C^{2} H^{\frac{1}{8}}+\frac{4 B^{2}}{V^{10}}+\frac{43200 C^{2} B H}{U} \\
& +\left(H+64 B^{2}\right) 2^{r+1} C^{2 A+4}\left(3 C^{2}\right)^{r} H^{4 A+3-\frac{7}{8}} \\
& +32 B^{2} \operatorname{Exp}\left(-\frac{U}{8 B}\right) C^{2 A+4} H^{4 A+3} \\
& <130000 A^{2} \log \log K_{3}+405 A H^{\frac{7}{8}}+1000 C^{2} H^{\frac{7}{8}}+36 A^{2} H^{\frac{7}{8}}
\end{aligned}
$$

$$
\begin{aligned}
& \text { Proof of some conjectures } \\
& \\
& \quad+43200 C^{2}(3 A) H^{\frac{7}{8}} \\
& +600 A^{2} H\left(2^{100 A+101}\right) C^{2 A+4} 3^{100 A+100} C^{200 A+200} H^{4 A+3-12 A-12} \\
& +300 A^{2} C^{2 A+4}(720)(56)(24 A)^{8} H^{\frac{7}{8}} \\
& \\
& \leq 130000 A^{2} \log \log K_{3}+H^{\frac{7}{8}}\left\{405 A+1000 C^{2}+36 A^{2}+129600 A C^{2}\right. \\
& \left.+600 A^{2} C^{406 A} 3^{401 A}+3^{58} A^{10} C^{6 A}\right\} \\
& \\
& \leq 130000 A^{2} \log \log K_{3}+(3 C)^{1000 A}
\end{aligned}
$$

This proves the theorem completely.
The next two theorems due to K. Ramachandra belong to a different class in the sense that restrictions of bounds like those involving $K$ do not appear. His paper follows ours.

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