# Homogeneous Spaces and the Assouad Dimension 

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The following notes are taken (almost word-for-word, in many places) from:
James C. Robinson, Dimensions, embeddings, and attractors, Cambridge University Press, Cambridge, 2011.

## 1 Homogeneity

Definition 1.1. Let $(X, d)$ be a metric space and $A \subseteq X$. Given positive constants $M$ and $s$, we say that $A$ is ( $M, s$ )-homogeneous if the intersection of $A$ with any $r$-ball can be covered by $M(r / \rho)^{s}$ or fewer $\rho$-balls, where $\rho<r$. More generally, we will say that a set is homogeneous if it is $(M, s)$-homogeneous for some $M$ and $s$.

For notational convenience, we define notation for "ball counting." Given $A \subseteq X$, let $\mathcal{N}(A ; r)$ denote the number of $r$-balls required to cover $A$, and (informally) let $\mathcal{N}(A ; r, \rho)$ denote the maximal number of $\rho$-balls required to cover an $r$-ball centered in $A$. More exactly,

$$
\mathcal{N}(A ; r, \rho):=\sup _{x \in A} \mathcal{N}(A \cap B(x, r) ; \rho),
$$

The condition of homogeneity can then be expressed as follows: a set $A \subseteq X$ is ( $M, s$ )-homogeneous if

$$
\begin{equation*}
\mathcal{N}(A ; r, \rho) \leq M\left(\frac{r}{\rho}\right)^{s} \tag{1.1}
\end{equation*}
$$

for all $0<\rho<r$.
Example 1.2. Every subset of $\mathbb{R}^{N}$ is $\left((4 \sqrt{N})^{N}, N\right)$-homogeneous.
Proof. Consider the ball of radius $r$ centered at the origin. This ball is contained in the cube $[-r, r]^{N}$. This cube can be covered by $[(2 r \sqrt{N} / \rho)+1]^{N}=: K$ cubes of side length $\rho / \sqrt{N}$, where $\rho<r$-let $\left\{C_{i}\right\}$ denote this collection of cubes. Each cube $C_{i}$ is contained in some $\rho$-ball $B_{i}$, hence

$$
B(0, r) \subseteq[-r, r]^{N} \subseteq \bigcup_{i=1}^{K} C_{i} \subseteq \bigcup_{i=1}^{K} B_{i}
$$

Then, in the notation developed above, $\mathcal{N}(B(0, r) ; \rho) \leq K$, hence we seek to bound $K$. It is an exercise to show that

$$
K=\left(\frac{2 r}{\rho / \sqrt{N}}+1\right)^{N} \leq(4 \sqrt{N})^{N}\left(\frac{r}{\rho}\right)^{N}
$$

from which it follows that $\mathcal{N}(B(0, r) ; \rho) \leq(4 \sqrt{N})^{N}(r / \rho)^{N}$. Translating an $r$ ball away from the origin will not change any of the above analysis, and the intersection of an $r$-ball with a set will not require more $\rho$-balls to cover, thus for any $A \subseteq \mathbb{R}^{N}$, any $x \in A$, and any $0<\rho<r$, we have

$$
\mathcal{N}(A ; r, \rho) \leq \mathcal{N}(A \cap B(x, r) ; \rho) \leq \mathcal{N}(B(x, r) ; \rho) \leq(4 \sqrt{N})^{N}\left(\frac{r}{\rho}\right)^{N}
$$

That is, as per the condition given at (1.1), any subset of $\mathbb{R}^{N}$ is $\left((4 \sqrt{N})^{N}, N\right)$ homogeneous.

We note that in the above, $(4 \sqrt{N})^{N}$ is not sharp. Robinson claims that the result holds if we replace $(4 \sqrt{N})^{N}$ with $2^{N+1}$. However, as discussed below, the scaling constant is inessential for our purposes, hence we aren't terribly concerned with obtaining sharp bounds.

Proposition 1.3. Suppose that $\left(X, d_{X}\right)$ and $\left(Y, d_{Y}\right)$ are metric spaces, that $X$ is $(M, s)$-homogeneous, and that the map $f: X \rightarrow Y$ is bi-Lipschitz, i.e. there is some $L>0$ such that

$$
L^{-1} d_{X}\left(x_{1}, x_{2}\right) \leq d_{Y}\left(f\left(x_{1}\right), f\left(x_{2}\right)\right) \leq L d_{X}\left(x_{1}, x_{2}\right)
$$

for all $x_{1}, x_{2} \in X$. Then $f(X)$ is a $\left.M L^{2 s}, s\right)$-homogeneous subset of $Y$.
Proof. Let $y \in f(X)$ and consider $f(X) \cap B(y, r)$. Let $x=f^{-1}(y)$. As $f$ is bi-Lipschitz, it is invertible and, moreover, we have

$$
f^{-1}(f(X) \cap B(y, r)) \subseteq B(x, L r)
$$

As $X$ is $(M, s)$-homogeneous, for any $\rho<r$ we have

$$
\mathcal{N}\left(B(x, L r) ; \frac{\rho}{L}\right) \leq M\left(\frac{L r}{\rho / L}\right)^{s}=M L^{2 s}\left(\frac{r}{\rho}\right)^{s}=: K
$$

That is, there is a collection of at most $K$ balls of the form $B\left(x_{j}, \rho / L\right)$ such that

$$
B(x, L r) \subseteq \bigcup_{j=1}^{K} B\left(x_{j}, \rho / L\right)
$$

Mapping forward with $f$, we obtain

$$
f(X) \cap B(y, r) \subseteq f(B(x, L r)) \subseteq f\left(\bigcup_{j=1}^{K} B\left(x_{j}, \rho / L\right)\right) \subseteq \bigcup_{j=1}^{K} B\left(f\left(x_{j}\right), \rho\right)
$$

As we have covered the intersection of $f(X)$ and an arbitrary $r$-ball with $K$ (or fewer) $\rho$-balls, and the choices of $r$ and $\rho$ were arbitrary, we have have

$$
\mathcal{N}(f(X) ; \rho) \leq K=M L^{2 s}\left(\frac{r}{\rho}\right)^{s}
$$

Again, as per condition (1.1), we have that $f(X)$ is $\left(M L^{2 s}, s\right)$-homogeneous.
The punchline here is that homogeneity is preserved under bi-Lipschitz mappings. Moreover, in light of example 1.2, this is sufficient to show that homogeneity is a necessary (though, as we'll discuss later, not sufficient) condition for the existence of a bi-Lipschitz embedding.
Definition 1.4. A set $A \subseteq(X, d)$ is doubling if there exists some $C>0$ such that

$$
\mathcal{N}(A ; r, r / 2) \leq C
$$

for all $r>0$.
Proposition 1.5. A set $A \subseteq(X, d)$ is homogeneous if and only if it is doubling. Proof. First, suppose that $A$ is $(M, s)$-homogeneous. Then

$$
\mathcal{N}(A ; r, r / 2) \leq M\left(\frac{r}{r / 2}\right)^{s}=2^{s} M
$$

and so $A$ is doubling with constant $C=2^{s} M$.
Conversely, suppose that $A$ is doubling, so that $\mathcal{N}(A ; r, r / 2) \leq C$ for all $r>0$. Fix some $\rho<r$ and choose $n$ such that

$$
\frac{r}{2^{n}} \leq \rho<\frac{r}{2^{n-1}}
$$

Note that this implies

$$
\begin{equation*}
\log _{2}\left(\frac{r}{\rho}\right)>n-1 \tag{1.2}
\end{equation*}
$$

Given an arbitrary $x \in A$, we may cover $A \cap B(x, r)$ with $\rho$-balls by first covering it with $r / 2$-balls, then covering each $r / 2$-ball with $r / 4$-balls, and so on. This gives the following computation:

$$
\begin{aligned}
\mathcal{N}(A ; r, \rho) & =\mathcal{N}(A ; r, r / 2) \cdots \mathcal{N}\left(A ; r / 2^{n-2}, r / 2^{n-1}\right) \mathcal{N}\left(A ; r / 2^{n-1}, \rho\right) \\
& \leq \mathcal{N}(A ; r, r / 2) \cdots \mathcal{N}\left(A ; r / 2^{n-2}, r / 2^{n-1}\right) \underbrace{\mathcal{N}\left(A ; r / 2^{n-1}, r / 2^{n}\right)}_{\geq \mathcal{N}\left(A ; r / 2^{n-1}, \rho\right)} \\
& \leq C^{n} \\
& =C C^{n-1} \\
& \left.\leq C C^{\log _{2}(r / \rho)} \quad \quad \text { (as per the estimate at }(1.2)\right) \\
& =C\left(\frac{r}{\rho}\right)^{\log _{2}(C)} .
\end{aligned}
$$

Thus $A$ is $\left(C, \log _{2}(C)\right)$-homogeneous.

## 2 Assouad Dimension

In most applications, the scaling constant $M$ plays very little role, hence it is natural to make the following definition:

Definition 2.1. The Assouad dimension of a space $(X, d)$, denoted $\operatorname{dim}_{A}(X)$, is the infimal $s$ such that $(X, d)$ is $(M, s)$-homogeneous for some $M \geq 1$.

The following proposition lists several basic properties of the Assouad dimension. Note that (a) and (b) follow very quickly from the definition, while (c) was proved in proposition 1.3.

## Proposition 2.2.

(a) If $A \subseteq B \subseteq(X, d)$, then $\operatorname{dim}_{A}(A) \leq \operatorname{dim}_{A}(B)$.
(b) If $A, B \subseteq(X, d)$, then $\operatorname{dim}_{A}(A \cup B) \leq \max \left(\operatorname{dim}_{A}(A), \operatorname{dim}_{A}(B)\right)$.
(c) $\operatorname{dim}_{A}$ is invariant under bi-Lipschitz mappings.
(d) If $X \subseteq \mathbb{R}^{N}$ is open, then $\operatorname{dim}_{A}(X)=N$.
(e) If $X$ is compact, then $\operatorname{dim}_{U B}(X) \leq \operatorname{dim}_{A}(X)$, where $\operatorname{dim}_{U B}$ denote the upper box-counting dimension.

Proof (d). It was shown in example 1.2 that $\mathbb{R}^{N}$ is homogeneous with exponent $N$, hence $\operatorname{dim}_{A}\left(\mathbb{R}^{N}\right) \leq N$. As the Assouad dimension is monotone (part (a) of the current proposition), it follows that $\operatorname{dim}_{A}(X) \leq N$. Let $B \subseteq X$ be an open ball with radius $r$, and suppose for contradiction that $\operatorname{dim}_{A}(B)<s \leq$ $\operatorname{dim}_{A}(X)<N$. But then $B$ is $(M, s)$-homogeneous for some $M \geq 1$. But then $B$ can be covered by $M(r / \rho)^{s}$ balls of radius $\rho$, hence

$$
\mu(B) \leq M\left(\frac{r}{\rho}\right)^{s} \mu(B(0, \rho)) \leq M \Omega_{N}\left(\frac{r}{\rho}\right)^{s} \rho^{N}=M \Omega_{N} r^{s} \rho^{N-s}
$$

But $N-s>1$, and $\rho>0$ is arbitrary, which implies that $\mu(B)=0$. This is a contradiction, hence we have $N \leq \operatorname{dim}_{A}(B) \leq \operatorname{dim}_{A}(X) \leq N$.

Proof (e). Recall that

$$
\operatorname{dim}_{U B}(X) \leq \limsup _{\varepsilon \rightarrow 0} \frac{\log (\mathcal{N}(X ; \varepsilon))}{\log (1 / \varepsilon)}
$$

and let $s>\operatorname{dim}_{A}(X)$, from which it follows that $X$ is $(M, s)$-homogeneous for some $M \geq 1$. As $X$ is compact, it is bounded, and so there is some $R>0$ such that $X \subseteq B(0, R)$. It then follows that for any $\rho<R$, we have

$$
\mathcal{N}(X ; \rho)=\mathcal{N}(X \cap B(0, R) ; \rho) \leq M\left(\frac{R}{\rho}\right)^{s}=\left(M R^{s}\right) \rho^{-s}
$$

But then

$$
\limsup _{\varepsilon \rightarrow 0} \frac{\log (\mathcal{N}(X ; \varepsilon))}{\log (1 / \varepsilon)}=\lim _{\rho \rightarrow 0} \frac{\log (\mathcal{N}(X ; \rho))}{\log (1 / \rho)} \leq \lim _{\rho \rightarrow 0} \frac{\log \left[\left(M R^{s}\right) \rho^{-s}\right]}{\log (1 / \rho)}=s
$$

which gives the desired result.

Proposition 2.3. If $\left(X, d_{X}\right)$ and $\left(Y, d_{Y}\right)$ are metric spaces, then

$$
\operatorname{dim}_{A}(X \times Y) \leq \operatorname{dim}_{A}(X)+\operatorname{dim}_{A}(Y)
$$

where $X \times Y$ is equipped with any metric $d_{\alpha}$ of the form

$$
d_{\alpha}\left(\left(x_{1}, y_{1}\right),\left(x_{2}, y_{2}\right)\right)=\left[d_{X}\left(x_{1}, x_{2}\right)^{\alpha}+d_{Y}\left(y_{1}, y_{2}\right)^{\alpha}\right]^{1 / \alpha}
$$

for some $\alpha \in[1, \infty)$, or the metric

$$
d_{\infty}\left(\left(x_{1}, y_{1}\right),\left(x_{2}, y_{2}\right)\right)=\max \left(d_{X}\left(x_{1}, x_{2}\right), d_{Y}\left(y_{1}, y_{2}\right)\right)
$$

Proof. For any $\alpha, \beta \in[1, \infty]$, the metrics $d_{\alpha}$ and $d_{\beta}$ are equivalent, and so the space $\left(X \times Y, d_{\alpha}\right)$ can be mapped to the space $\left(X \times Y, d_{\beta}\right)$ via a bi-Lipschitz map. As the Assouad dimension is invariant under such maps, we may assumed without loss of generality that $X \times Y$ is equipped with the $d_{\infty}$ metric.

Assume that $s>\operatorname{dim}_{A}(X)$ and $t>\operatorname{dim}_{A}(Y)$. Then there are constants $M, N \geq 1$ such that

$$
\mathcal{N}(X ; r, \rho) \leq M\left(\frac{r}{\rho}\right)^{s}, \quad \text { and } \quad \mathcal{N}(Y ; r, \rho) \leq N\left(\frac{r}{\rho}\right)^{t}
$$

Let $B$ be a ball of radius $r$ in $X \times Y$. Then, as we have assumed that $X \times Y$ is equipped with the $d_{\infty}$ metric, it follows that $B=U \times V$, where $U$ and $V$ are balls of radius $r$ in $X$ and $Y$, respectively.

We may cover $U$ by a collection $\left\{U_{i}\right\}$ of at most $\mathcal{N}(X ; r, \rho)$ balls of radius $\rho$, and we may cover $V$ by a collection $\left\{V_{j}\right\}$ of at most $\mathcal{N}(Y ; r, \rho)$ balls of radius $\rho$. But then the collection $\left\{U_{i} \times V_{j}\right\}$ is a cover of $B$ which contains at most

$$
\mathcal{N}(X ; r, \rho) \mathcal{N}(Y ; r, \rho) \leq M\left(\frac{r}{\rho}\right)^{s} N\left(\frac{r}{\rho}\right)^{t}=M N\left(\frac{r}{\rho}\right)^{s+t}
$$

balls of radius $\rho$. Hence $X \times Y$ is $(M N, s+t)$-homogeneous, which completes the proof.

Unlike the Hausdorff and upper box-counting dimensions, the Assouad dimension can be quite poorly behaved with respect to orthogonal sequences. The following proposition gives an example of a sequence with infinite Assouad dimension:

Proposition 2.4. Let $\left\{e_{n}\right\}$ be an orthonormal sequence in a Hilbert space, and let $X=\left\{n^{-\alpha} e_{n}: n \in \mathbb{N}\right\} \cup\{0\}$, where $\alpha>0$. Then $\operatorname{dim}_{A}(X)=\infty$.

Proof. For each $m \in \mathbb{N}$, let $r_{m}=m^{-\alpha}$ and consider the set

$$
X \cap B\left(0, r_{m}\right)=\left\{n^{-\alpha} e_{n}: n \geq m\right\} \cup\{0\}
$$

We seek to cover this set by balls of radius $r_{m} / 2$. Every point in this set that has norm greater than $r_{m} / 2$ will require a separate ball, so we estimate the number of such balls. That is, we need to know how many $n$ satisfy the inequality

$$
\frac{r_{m}}{2}<\left\|n^{-\alpha} e_{n}\right\| \leq r_{m}
$$

Equivalently,

$$
\frac{m^{-\alpha}}{2}<n^{-\alpha} \leq m^{-\alpha} \Longrightarrow 2^{1 / \alpha} m>n \geq m
$$

There are at least $2^{1 / \alpha} m-1-m$ integers $n$ that satisfy this inequality, hence

$$
\mathcal{N}\left(X ; r_{m}, r_{m} / 2\right) \geq 2^{1 / \alpha} m-1-m=m\left(2^{1 / \alpha}-1\right)-1 .
$$

As the quantity on the right-hand side tends to infinity as $m \rightarrow \infty$, it follows that $X$ cannot be a doubling set. Hence by proposition $1.5, X$ is $\operatorname{not}(M, s)$ homogeneous for any $s$. Therefore $\operatorname{dim}_{A}(X)=\infty$, as claimed.

In contrast to this result, it can be shown that $\operatorname{dim}_{H}(X)=0\left(\operatorname{dim}_{X}(X)\right.$ denotes the Hausdorff dimension of $X$ ) and that $\operatorname{dim}_{U B}(X)=1 / \alpha$. Several other results involving orthogonal sequences are of interest.

Proposition 2.5. Let $\left\{e_{n}\right\}$ be an orthonormal sequence in a Hilbert space, and consider the set $X=\left\{a_{n} e_{n}\right\}_{n=1}^{\infty} \cup\{0\}$.
(a) If there is some $K>0$ and $0<\alpha<1$ such that $K^{-1} \alpha^{n} \leq a_{n} \leq K \alpha^{n}$, then $\operatorname{dim}_{A}(X)=0$.
(b) There exist sequences $\left\{a_{n}\right\}$ converging to zero arbitrarily quickly such that $\operatorname{dim}_{A}(X)=\infty$, hence the lower bound in part (a) is necessary.

Proposition 2.6. There exists a subset $X$ of Hilbert space with $\operatorname{dim}_{A}(X)=0$ and $\operatorname{dim}_{A}(X-X)=\infty$, where $X-X=\{x-y: x, y \in X\}$.

This result is of interest for at least two reasons. First, it demonstrates that the Assouad dimension can increase under Lipschitz maps since $\operatorname{dim}_{A}(X \times X) \leq$ $2 \operatorname{dim}_{A}(X)$, and $X-X$ is the image of $X \times X$ under the Lipschitz mapping $(x, y) \mapsto x-y$. Hence the lower bound in proposition 1.3 really is necessary.

Second, many embedding results that use linear maps rest on strong dimensional assumptions on the set of differences $X-X$. The upper box-counting dimension is well-behaved in the sense that $\operatorname{dim}_{U B}(X-X) \leq 2 \operatorname{dim}_{U B}(X)$. Unfortunately, the Assouad dimension, like the Hausdorff dimension, displays the kind of "pathology" described above. Finally:

Proposition 2.7. Let $X=\left\{x_{n}\right\}_{n=1}^{\infty}$ be an orthogonal sequence in Hilbert space. If $\operatorname{dim}_{A}(X)<\infty$, then $\operatorname{dim}_{A}(X-X) \leq 2 \operatorname{dim}_{A}(X)$.

## 3 The Laakso Graph

It was noted above that if $(X, d)$ is a metric space, then the homogeneity of $X$ is a necessary condition for the existence of a bi-Lipschitz embedding of $X$ into Euclidean space. The Laakso graph gives an example of a homogeneous metric space that cannot be embedded, demonstrating that homogeneity is not a sufficient condition.

To construct the Laakso graph, first let $\Gamma_{0}=[0,1]$. To obtain $\Gamma_{j+1}$, take six copies of $\Gamma_{j}$ and scale them by $1 / 4$. Identify endpoints of four of these copies


Figure 3.1: The first three steps in the construction of the Laakso graph. The heavier lines in $\Gamma_{1}$ show an isometric copy of $\Gamma_{0}$, while the heavier lines in $\Gamma_{2}$ show an isometric copy of $\Gamma_{1}$.
to form a "square," and attach the remaining two copies to opposite vertices of this square. The first three steps are shown in figure 3.1.

At the $j$-th step, the graph consists of $6^{j}$ edges of length $4^{-j}$. A natural metric $d_{j}$ on $\Gamma_{j}$ is given by geodesic distance, i.e. if $x, y \in \Gamma_{j}$ then $d_{j}(x, y)$ is the minimal length of a path from $x$ to $y$. Note that $\Gamma_{j}$ is isometrically embedded into $\Gamma_{j+1}$ for each $j$. Again, see figure 3.1. The sequence of metric spaces $\left\{\left(\Gamma_{j}, d_{j}\right)\right\}_{j=0}^{\infty}$ is Cauchy, and therefore converges, in the Gromov-Hausdorff metric. Let $(\Gamma, d)$ denote this limit space. Note that $(\Gamma, d)$ contains isometric copies of $\left(\Gamma_{j}, d_{j}\right)$ for each $j$.

We claim without proof that $(\Gamma, d)$ is a doubling space with constant 6 . In particular, this implies that $(\Gamma, d)$ is homogeneous. However, as we will show below, ( $\Gamma, d$ ) cannot be embedded into any finite dimensional Euclidean space via a bi-Lipschitz map. We first require the following lemma:

Lemma 3.1. Let $\mathscr{H}$ denote Hilbert space, and suppose that $f: \Gamma \rightarrow \mathscr{H}$ satisfies the property that $\left\|f_{j}(x)-f_{j}(y)\right\| \geq d_{j}(x, y)$ for each $j$, where $f_{j}$ is any restriction of $f$ to an isometric copy of $\Gamma_{j}$ in $\Gamma$. Then there exists a pair of consecutive vertices $x, x^{\prime} \in \Gamma_{j}$ such that

$$
\begin{equation*}
\left\|f(x)-f\left(x^{\prime}\right)\right\| \geq\left(1+\frac{j}{4}\right) d_{j}\left(x, x^{\prime}\right)^{2} \tag{3.1}
\end{equation*}
$$

Proof. The proof is by induction. The inequality at (3.1) holds by hypothesis
when $j=0$, establishing a base for induction. Now suppose that there is some $j-1>0$ such that (3.1) holds for some consecutive pair of vertices $x, x^{\prime} \in \Gamma_{j-1}$. As $\Gamma_{j}$ contains an isometric copy of $\Gamma_{j-1}$, the vertices $x$ and $x^{\prime}$ correspond to some points $x_{0}$ and $x_{2}$ in $\Gamma_{j}$, respectively, so that

$$
\begin{equation*}
\left\|f\left(x_{0}\right)-f\left(x_{2}\right)\right\| \geq\left(1+\frac{j-1}{4}\right) d_{j-1}\left(x_{0}, x_{2}\right)^{2}=\left(1+\frac{j-1}{4}\right) d_{j}\left(x_{0}, x_{2}\right)^{2} \tag{3.2}
\end{equation*}
$$

Let $x_{1}$ and $x_{3}$ be the two midpoints between $x_{0}$ and $x_{2}$. Setting $x_{4}:=x_{0}$, we then obtain

$$
\begin{aligned}
& \sum_{k=1}^{3}\left\|f\left(x_{k}\right)-f\left(x_{k+1}\right)\right\|^{2} \geq\left\|f\left(x_{0}\right)-f\left(x_{2}\right)\right\|^{2}+\left\|f\left(x_{1}\right)-f\left(x_{3}\right)\right\|^{2} \\
& \quad \text { ("quadrilateral inequality") } \\
& \geq\left(1+\frac{j-1}{4}\right) d_{j}\left(x_{0}, x_{2}\right)^{2}+d_{j}\left(x_{1}, x_{3}\right)^{2}
\end{aligned}
$$

$$
\text { (by }(3.2) \text {; hypothesis on } f \text { ) }
$$

$$
=4\left(1+\frac{j}{4}\right) d_{j}\left(x_{1}, x_{3}\right)^{2}
$$

$$
\left(\text { since } 2 d_{j}\left(x_{1}, x_{3}\right)=d_{j}\left(x_{0}, x_{2}\right)\right)
$$

It then follows from the pigeonhole principle that there is some $k \in\{0,1,2,3\}$ such that

$$
\left\|f\left(x_{k}\right)-f\left(x_{k+1}\right)\right\|^{2} \geq\left(1+\frac{j}{4}\right) d_{j}\left(x_{1}, x_{3}\right)^{2}
$$

Take $x^{\prime}$ to be the midpoint between $x_{k}$ and $x_{k+1}$. It follows from the triangle inequality that

$$
\begin{aligned}
\left\|f\left(x_{k}\right)-f\left(x^{\prime}\right)\right\|^{2}+\left\|f\left(x^{\prime}\right)-f\left(x_{k+1}\right)\right\|^{2} & \geq\left(1+\frac{j}{4}\right) d_{j}\left(x_{k}, x_{k+1}\right) \\
& =\left(1+\frac{j}{4}\right)\left[d_{j}\left(x_{k}, x^{\prime}\right)+d_{j}\left(x^{\prime}, x_{k+1}\right)\right]
\end{aligned}
$$

By another application of the pigeonhole principle, we may take $x$ to be either $x_{k}$ or $x_{k+1}$ in order to obtain (3.1).

Proposition 3.2. The metric space $(\Gamma, d)$ cannot be embedded into finite dimensional Euclidean space via a bi-Lipschitz map.
Proof. Let $f: \Gamma \rightarrow \mathscr{H}$, and suppose that there is some $L>0$ such that

$$
L^{-1} d(x, y) \leq\|f(x)-f(y)\| \leq L d(x, y)
$$

But then $g: \Gamma \rightarrow \mathscr{H}$ defined by $g(x)=L f(x)$ is a map that, when restricted to any isometric copy of $\Gamma_{j}$, satisfies $d(x, y) \leq\|g(x)-g(y)\|$. By lemma 3.1,

$$
\left(1+\frac{j}{4}\right)^{1 / 2} d(x, y) \leq\|g(x)-g(y)\| \leq L^{2} d(x, y) \quad \forall j
$$

which is a contradiction.

