

## 2.2 Operations with continuous Functions

Let  $f$  &  $g$  be two functions defined on a set  $I$ . Then the functions  $f+g$ ,  $f-g$ ,  $f \cdot g$ , and  $f/g$  (if  $g \neq 0$ ) are defined by

$$(f+g)(x) = f(x) + g(x)$$

$$(f-g)(x) = f(x) - g(x)$$

$$(fg)(x) = f(x) \cdot g(x)$$

$$(f/g)(x) = f(x) / g(x)$$

for any  $x \in I$ .

**Theorem 2.2** (sum of continuous functions are continuous)

Let  $f, g: I \rightarrow \mathbb{R}$  be both continuous at  $\xi \in I$ . Then  $f+g$  is continuous at  $\xi$ .

**Proof:** We have two different ways to prove it. The first is to prove by definition & the second is to use Theorem 2.1.

\* First proof:

$\lim_{x \rightarrow \xi} f(x) = f(\xi)$  means  $\forall \epsilon > 0, \exists \delta_1$ , s.t.  $|f(x) - f(\xi)| < \frac{\epsilon}{2}$ , if  $|x - \xi| < \delta_1$ ,  $\forall x \in I$

$\lim_{x \rightarrow \xi} g(x) = g(\xi)$  means  $\forall \epsilon > 0, \exists \delta_2$ , s.t.  $|g(x) - g(\xi)| < \frac{\epsilon}{2}$ , if  $|x - \xi| < \delta_2$ ,  $\forall x \in I$

Now we set  $\delta = \min\{\delta_1, \delta_2\}$ . Then  $\forall \epsilon, \delta$  and for the choice of  $\delta$ , we have if  $|x - \xi| < \delta$  &  $x \in I$ , then

$$\begin{aligned} |(f+g)(x) - (f+g)(\xi)| &= |f(x) + g(x) - [f(\xi) + g(\xi)]| \\ &= |(f(x) - f(\xi)) + (g(x) - g(\xi))| \\ &\leq |f(x) - f(\xi)| + |g(x) - g(\xi)| \\ &< \frac{\epsilon}{2} + \frac{\epsilon}{2} \end{aligned}$$

This is nothing other than

$$= \epsilon$$

$\lim_{x \rightarrow \xi} (f+g)(x) = (f+g)(\xi)$   
i.e.  $f+g$  is continuous at  $\xi$ .

(37)

- Second prove: Recall  $f$  is continuous at  $\xi$

$\Leftrightarrow \lim_{n \rightarrow \infty} f(x_n) = f(\xi)$ , if  $\{x_n\}$  in  $I$   
 satisfying  $\lim_{n \rightarrow \infty} x_n = \xi$ .

Now  $f + g$  are continuous at  $\xi$  implies

$\forall \{x_n\}$  in  $I$  with  $\lim_{n \rightarrow \infty} x_n = \xi$ , it holds that

$$\lim_{n \rightarrow \infty} f(x_n) = f(\xi) \quad \& \quad \lim_{n \rightarrow \infty} g(x_n) = g(\xi)$$

By "operations of limits",  $\{f(x_n) + g(x_n)\} = \{(f+g)(x_n)\}$   
 is also convergent, moreover

$$\begin{aligned} \lim_{n \rightarrow \infty} (f+g)(x_n) &= \lim_{n \rightarrow \infty} [f(x_n) + g(x_n)] \\ &= \lim_{n \rightarrow \infty} f(x_n) + \lim_{n \rightarrow \infty} g(x_n) \\ &= f(\xi) + g(\xi) \\ &= (f+g)(\xi) \end{aligned}$$

This implies  $f+g$  is continuous at  $\xi$ .

Theorem 2.3 (Product of continuous functions are continuous)

Proof: Here we adopt the first proof (by def.)

let  $f, g : I \rightarrow \mathbb{R}$  be continuous at  $\xi$ . Then  $f \cdot g$  is continuous at  $\xi$ .

Proof: Here we adopt the first proof by definition.

Agoain,  $\lim_{x \rightarrow \xi} f(x) = f(\xi)$  means  $\forall \varepsilon, \exists \delta_1, \text{ s.t.}$

$$|f(x) - f(\xi)| < \boxed{\quad} \cdot \varepsilon, \text{ if } |x - \xi| < \delta_1, x \in I$$

$\lim_{x \rightarrow \xi} g(x) = g(\xi)$  means  $\forall \varepsilon, \exists \delta_2, \text{ s.t.}$

$$|g(x) - g(\xi)| < \boxed{\quad} \cdot \varepsilon, \text{ if } |x - \xi| < \delta_2, x \in I$$

$\frac{1}{2(|f(\xi)|+1)}$

Here we need a little fact:

First, we pick  $\delta_0$  s.t. if  $|x - \xi| < \delta_0$ ,  $x \in I$ , then

$$|f(x) - f(\xi)| < 1 \quad (\text{i.e. } \delta_0 \text{ is the } \delta \text{ for } \varepsilon = 1)$$

Then  $|f(x)| - |f(\xi)| < 1 \Rightarrow |f(x)| < |f(\xi)| + 1$ .  $\forall |x - \xi| < \delta_0$ ,  $x \in I$ .

Now we set  $\delta = \min\{\delta_0, \delta_1, \delta_2\}$ , then if  $|x - \xi| < \delta$ ,  $x \in I$ , we have

$$\begin{aligned} & |(f \cdot g)(x) - (f \cdot g)(\xi)| \\ &= |f(x) \cdot g(x) - f(\xi) \cdot g(\xi)| \\ &= |f(x) \cdot g(x) - f(x) \cdot g(\xi) + f(x) \cdot g(\xi) - f(\xi) \cdot g(\xi)| \\ &\leq |f(x) \cdot g(x) - f(x) \cdot g(\xi)| + |f(x) \cdot g(\xi) - f(\xi) \cdot g(\xi)| \\ &= |f(x)| \cdot |g(x) - g(\xi)| + |g(\xi)| \cdot |f(x) - f(\xi)| \\ &< \left( |f(\xi)| + 1 \right) \cdot \frac{|g(\xi)|}{|g(x) - g(\xi)|} + |g(\xi)| \cdot \frac{1}{2} |f(x) - f(\xi)| \\ &< (|f(\xi)| + 1) \cdot \frac{1}{2(|f(\xi)| + 1)} \cdot \varepsilon + |g(\xi)| \cdot \frac{1}{2(|g(\xi)| + 1)} \cdot \varepsilon \\ &< \frac{\varepsilon}{2} + \frac{\varepsilon}{2} = \varepsilon. \end{aligned}$$

□

Theorem 2.4 (Quotient of continuous functions are continuous)

Let  $f, g : I \rightarrow \mathbb{R}$  be continuous at  $\xi \in I$  &  $g(x) \neq 0$ ,  $\forall x \in I$ .

Then  $f/g$  is continuous at  $\xi$ .

Proof: Here we adopt the second proof.

$f, g$  one continuous at  $\xi \Rightarrow \forall \{x_n\}$  in  $I$  with  $\lim x_n = \xi$ , we have

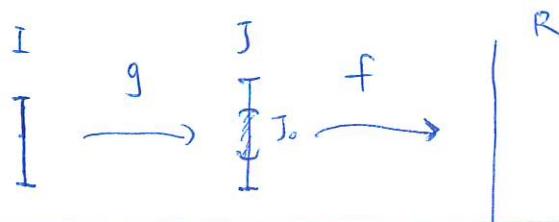
$\lim_{n \rightarrow \infty} f(x_n) = f(\xi)$  &  $\lim_{n \rightarrow \infty} g(x_n) = g(\xi)$ . By "operations of limits"

$\frac{f(x_n)}{g(x_n)}$  is also convergent &  $\lim_{n \rightarrow \infty} \frac{f(x_n)}{g(x_n)} = \frac{\lim f(x_n)}{\lim g(x_n)} = \frac{f(\xi)}{g(\xi)} = \left(\frac{f}{g}\right)(\xi)$

$\Rightarrow f/g$  is continuous at  $\xi$ .

□

39



### Definition 2.5 (composition of functions)

Let  $g: I \rightarrow \mathbb{R}$  be a function. Let  $J_0 = g(I) = \{g(x) : x \in I\}$ , i.e. the range of  $g$ . Let  $J$  be another interval s.t.  $J_0 \subseteq J$ . Let  $f: J \rightarrow \mathbb{R}$  be a function. Then for each  $x \in I$ , we have a number  $f(g(x))$ , denoted by  $h(x)$ . Thus, we obtained a new function  $h(x) = f(g(x))$ , sometimes we write  $h = f \circ g$ , called the composition of  $f$  with  $g$ .

### Theorem 2.5 (composition of continuous functions are continuous)

Let  $f$  &  $g$  be as in Def 2.5. Let  $g$  be continuous at  $\xi \in I$  &  $f$  be continuous at  $f(\xi) \in J$ . Then  $h = f \circ g$  is continuous at  $\xi$ .

Proof: ① If  $f$  is continuous at  $g(\xi)$  means:

$$\forall \varepsilon > 0, \exists \eta > 0, \text{ s.t. } |f(y) - f(g(\xi))| < \varepsilon, \text{ if } |y - g(\xi)| < \eta, y \in J$$

②  $g$  is continuous at  $\xi$  means implies

for the  $\eta > 0$  above,  $\exists \delta > 0$ , s.t.  $|g(x) - g(\xi)| < \eta$ , if  $|x - \xi| < \delta$

& obviously  $g(x) \in J_0 \subseteq J$ .

① & ② together implies:

$$\forall \varepsilon > 0, \exists \delta > 0, \text{ s.t. if } |x - \xi| < \delta, x \in I$$

then  $|g(x) - g(\xi)| < \eta$  &  $g(x) \in J$ , which in turn implies

$$|f(g(x)) - f(g(\xi))| < \varepsilon.$$

To viz:  $\forall \varepsilon > 0, \exists \delta > 0$ , s.t. if  $|x - \xi| < \delta$ , then

$$|h(x) - h(\xi)| < \varepsilon$$

$\Rightarrow h$  is continuous at  $\xi$ .

## Examples

① Recall we had a long proof that  $f(x) = x^n$  is continuous. But it follows easily from the facts:

- $f(x) = x$  is continuous
- Theorem 2.3, i.e. product of continuous functions are continuous.

Because  $x^n = \underbrace{x \cdot x \cdots x}_n$  is continuous since it's a finite product of  $n$  continuous  $f(x) = x$ .

② More generally, any polynomials  $p(x) = \sum_{k=0}^n a_k \cdot x^k$  are continuous. Indeed for each  $k$ ,

$a_k \cdot x^k$  is continuous as it's a product of constant  $a_k$  &  $x^k$ , both of which are continuous.

Now  $p(x)$  is a finite sum of continuous functions, hence, itself is continuous.

③ Even more generally, any quotient of polynomials

$$r(x) = \frac{a_0 + a_1 x + \cdots + a_n x^n}{b_0 + b_1 x + \cdots + b_m x^m}$$

is continuous at every pt where the denominator is not zero. Because it's a quotient of two polynomials, which are continuous.

By Thm 2.4,  $r(x)$  is continuous. Such functions are called rational functions.

(4)

④  $\sin(x^{\circ})$ ,  $\sin^{\circ}(x)$ ,  $\tan(x)$  are continuous.

Let  $f(x) = x^2$  &  $g(x) = \sin(x)$ . Then both  $f$  &  $g$  are continuous. Hence by Theorem 2.5

$f \circ g(x) = f(g(x))$  is continuous, which is  $g(x) = \sin^{\circ} x$  &  $g \circ f$  is continuous, which is  $\sin(f(x)) = \sin(x^2)$ .

$\tan(x) = \frac{\sin x}{\cos x}$  one quotient of two continuous

functions, hence is continuous at every pt it's well-defined. In other words, at every pt where  $\cos(x) \neq 0$ ,  $\tan(x)$  is continuous. But ~~tan(x) is~~.

⑤ (compute  $\lim_{n \rightarrow \infty} \sin\left(\frac{1}{\sqrt{n+1}}\right)$ )

$\sin\left(\frac{1}{\sqrt{n+1}}\right) = \sin\left(\frac{1}{\sqrt{n+1}}\right)$  Note if  $h(x) = \sin \sqrt{x}$  is continuous on  $[0, +\infty)$  as it's composition of continuous functions.  
Hence if  $\lim_{n \rightarrow \infty} x_n = \varphi$ , then  $\lim_{n \rightarrow \infty} h(x_n) = h(\varphi)$

Clearly  $\lim_{n \rightarrow \infty} \frac{1}{\sqrt{n+1}} = 0$ , then

$$\lim_{n \rightarrow \infty} \sin\left(\frac{1}{\sqrt{n+1}}\right) = \text{RHS } \lim_{n \rightarrow \infty} h\left(\frac{1}{\sqrt{n+1}}\right) = h(0) = \sin \sqrt{0} = \sin 0 = 0$$

## 2.3 Maximum & Minimum

**Definition 2.6:** Let  $f: I \rightarrow \mathbb{R}$  be a function. Again we let  $f(I) = \{x : f(x) = x \in I\}$  be the range of  $f$ . If  $f(I)$  is bounded above, then we say  $f$  is bounded above. This happens if & only if  $\exists M \in \mathbb{R}$  s.t.

$$f(x) \leq M, \forall x \in I.$$

The supremum, i.e. the least upper bound, of  $f(I)$  is called the supremum of  $f$  on  $I$ . We denote it by

$$\sup_{x \in I} f(x), \text{ or l.u.b. } f(x).$$

In other words  $\alpha = \sup_{x \in I} f(x)$  if & only if

- $f(x) \leq \alpha, \forall x \in I$  ( $\alpha$  is an upper bound of  $f(I)$ )

$\& \forall \varepsilon > 0, \exists x \in I$ , s.t.  $f(x) > \alpha - \varepsilon$  (no number smaller than  $\alpha$  can be an upperbound of  $f(I)$ )

Similarly, if  $f(I)$  is bounded below, then we say  $f$  is bounded below. The infimum of  $f(I)$  is called the infimum of  $f$  on  $I$ , i.e.  $\beta = \inf_{x \in I} f(x)$ . We denote it by

$$\inf_{x \in I} f(x), \text{ or g.l.b. } f(x)$$

In other words,  $\beta = \inf_{x \in I} f(x)$  if & only if

- $f(x) \geq \beta, \forall x \in I$ , ( $\beta$  is a lower bound of  $f(I)$ )

$\& \forall \varepsilon > 0, \exists x \in I$  s.t.  $f(x) < \beta + \varepsilon$  (no number bigger than  $\beta$

can be a lower bound of  $f(I)$ )

If  $f(I)$  is bounded, then we say  $f$  is a bounded function on  $I$ . This happens if & only if  $\exists M > 0$ , s.t.

$$|f(x)| \leq M, \forall x \in I.$$

(43)

Theorem 2.6 : Let  $f$  be a continuous function on a closed, bounded interval  $I = [a, b]$ . Then  $f$  is bounded.

Proof : Argue by contradiction. Suppose  $f$  is not bounded. Then no  $M > 0$  can satisfy

$$|f(x)| \leq M, \forall x \in I.$$

In particular,  $\forall n \in \mathbb{Z}_+$ ,  $\exists x_n \in I$  s.t.

$$|f(x_n)| > n. \quad (*)$$

Since  $x_n \in I, \forall n \in \mathbb{Z}_+$ ,  $\{x_n\}$  is bounded sequence. By Bolzano-Weierstrass Theorem for sequences, there is subsequence  $\{x_{n_k}\}$  of  $\{x_n\}$  that is convergent. In other words,  $\exists \xi \in \mathbb{R}$  s.t.  $\lim_{k \rightarrow \infty} x_{n_k} = \xi$ . We first claim that  $\xi \in I$ .

Indeed, either  $\exists k_0 > 0$ , s.t.  $x_{n_k} = \xi, \forall k \geq k_0$ , then  $\xi = x_{n_k} \in I$ ; or  $x_{n_k} \neq \xi, \forall k \geq 1$ . But in this case  $\lim_{k \rightarrow \infty} x_{n_k} = \xi$  implies  $\forall \varepsilon > 0, \exists k_0 > 0$  s.t.

$$|x_{n_k} - \xi| < \varepsilon, \forall k \geq k_0 \text{ & } x_{n_k} \neq \xi, x_{n_k} \in I$$

By definition,  $\xi$  is a limit point of  $I$ . But  $I = [a, b]$  is a closed interval which is a closed set, i.e. a set contains all its limit point. So  $\xi \in I$ .

Now by continuity of  $f$  &  $\lim_{k \rightarrow \infty} x_{n_k} = \xi \in I$ , we obtain  $\lim_{k \rightarrow \infty} f(x_{n_k}) = f(\xi)$ . In particular  $\{f(x_{n_k})\}$  is a bounded sequence (since it's convergent). But by  $(*)$ ,

$$|f(x_{n_k})| > n_k, \forall k \geq 1, \text{ & } n_k \rightarrow \infty \text{ as } k \rightarrow \infty$$

Hence  $\{f(x_{n_k})\}$  is not bounded. This is a contradiction, which is from the false assumption that  $f$  is not bounded on  $I$ . Thus  $f$  is bounded.

Definition 2.7: Let  $f: I \rightarrow \mathbb{R}$  be bounded above. Suppose  $\exists \xi \in I$  s.t.  $f(x) \leq f(\xi)$ ,  $\forall x \in I$ . Then we call  $\xi$  a maximum point of  $f$  and we call  $f(\xi)$  the maximum of  $f$  on  $I$ . We also say that  $f$  has a maximum, and that it assumes (or attains) its maximum on  $I$  at  $\xi$ . Similarly, we can define minimum pt & minimum of  $f$ .

Remark: ① It's clear that if  $f(\xi)$  is the maximum of  $f$  on  $I$ , then  $f(\xi) = \sup_{x \in I} f(x)$ . Indeed,

(I).  $f(x) \leq f(\xi)$ ,  $\forall x \in I$  by definition, i.e.  $f(\xi)$  is an upper bound.

(II).  $\forall \varepsilon > 0$ ,  $f(\xi) > f(\xi) - \varepsilon$ , i.e. no number smaller than  $f(\xi)$  can be an upper bound of  $f$  on  $I$ .

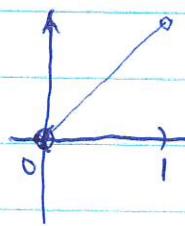
Similarly,  $\min_{x \in I} f(x) = \inf_{x \in I} f(x)$ . (for minimum)

②  $f$  might not have maximum even if  $f$  is continuous on  $I$ . Example:  $f(x) = x$  on  $(0, 1)$ .

Clearly,  $\sup_{x \in I} f(x) = 1$ , but 1 cannot be

attained by any pt in  $(0, 1)$ . The problem

here is that the end pt 1 of  $I$  is not in  $I$ , i.e.  $I$  is not closed. Actually, we have the following theorem.



Theorem 2.7: Let  $f(x)$  be a continuous function on a closed, bounded interval  $I = [a, b]$ . Then  $f$  has maximum & minimum on  $I$ .

Proof: By Thm 2.6,  $f$  is bounded on  $I$ , i.e.  $\exists M > 0$  s.t.

$$|f(x)| < M, \forall x \in I.$$

In particular,  $f(I)$  has a supremum, say  $\sup_{x \in I} f(x) = L$ .

(45)

By definition of supremum,  $\forall \varepsilon > 0$ ,  $\exists x_\varepsilon \in I$  s.t.

$$\alpha \geq f(x_\varepsilon) > \alpha - \varepsilon$$

In particular, we may pick  $\varepsilon = \frac{1}{n}$ , for each  $n \geq 1$ . Then for each  $n \geq 1$ , we obtain a  $x_n \in I$  s.t.

$$\alpha - \frac{1}{n} < f(x_n) \leq \alpha, \quad \forall n \geq 1.$$

By squeeze Thm,  $\{f(x_n)\}$  is convergent &  $\lim_{n \rightarrow \infty} f(x_n) = \alpha$ .

On the other hand,  $\{x_n\}$  is in  $I$  which is bounded. By Bolzano-Weierstrass, for sequences,  $\exists$  subsequence  $\{x_{n_k}\}$  of  $\{x_n\}$  that is convergent, i.e.  $\exists \beta \in \mathbb{R}$  s.t.

$$\lim_{k \rightarrow \infty} x_{n_k} = \beta. \quad \text{the proof of } \square$$

Again by the same argument we used in Thm 2.6.

$\beta \in I$ . By continuity of  $f$ , &  $\lim_{k \rightarrow \infty} x_{n_k} = \beta$ , we

must have  $\lim_{k \rightarrow \infty} f(x_{n_k}) = f(\beta)$

But  $\{f(x_{n_k})\}$  is a subsequence of the convergent sequence

$\{f(x_n)\}$ , hence  $\lim_{k \rightarrow \infty} f(x_{n_k}) = \lim_{n \rightarrow \infty} f(x_n)$

$$\begin{matrix} \lim_{k \rightarrow \infty} f(x_{n_k}) \\ \beta \end{matrix} \quad \begin{matrix} \lim_{n \rightarrow \infty} f(x_n) \\ \alpha \end{matrix}$$

$\Rightarrow \alpha = f(\beta)$ , i.e.  $f(\beta)$  is the maximum &  $\beta$  is the a maximum point of  $f$  on  $I$ . Indeed by definition of  $\alpha$ :  $f(x) \leq \alpha = f(\beta), \forall x \in I$ .

The proof of minimum point is completely similar.  
Existence of

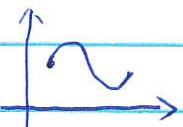
Basically  $f$  is bounded  $\Rightarrow \exists \beta = \inf_{x \in I} f(x)$ . By definition of infimum,  $\forall \varepsilon > 0$ ,  $\exists y_\varepsilon \in I$  s.t.  $\beta \leq f(y_\varepsilon) < \beta + \varepsilon$ . Then one may proceed by choosing  $\{y_n\}$  s.t.  $\beta \leq f(y_n) < \beta + \frac{1}{n}$ .  $\square$

## 2.4. Intermediate Values

The main goal of section is to prove the following Intermediate Theorem

**Theorem 2.8.** Let  $f: I \rightarrow \mathbb{R}$  be a continuous function defined on the closed, bounded interval  $I = [a, b]$ . Assume that  $f(a) \neq f(b)$  and let  $y$  be any number between  $f(a)$  &  $f(b)$ . Then there exists at least one pt  ~~$c \in I$~~ , s.t.  $f(c) = y$ .

<sup>D</sup>  
Remark: Thm 2.8 basically says that if a continuous function  $f$  may not go from  $f(a)$  to  $f(b)$  without passing through any intermediate value between  $f(a)$  &  $f(b)$ . This matches the geometrical vision of continuity.

 ③ In fact, we may take any two points  $x_1$  &  $x_2$  s.t.  $a < x_1 < x_2 < b$ , then  $f(x)$  must attain any value between  $f(x_1)$  &  $f(x_2)$ .

④ In particular, for the  $f$  as in Thm 2.8, by Thm 2.7,  $\exists \xi_1, \xi_2 \in I$  s.t.  $f(\xi_1) = \min_{x \in I} f(x)$  &  $f(\xi_2) = \max_{x \in I} f(x)$ . Thus by Thm 2.8, any value between  $f(\xi_1)$  &  $f(\xi_2)$  must be attained by some  $x$  ~~best~~ between  $\xi_1$  &  $\xi_2$ , in particular  $x \in I$ . We thus proved the following corollary under the assumption that Thm 2.8 holds true:

(Corollary): Let  $f: I \rightarrow \mathbb{R}$  be continuous on  $I = [a, b]$ . Then  $f(I) = [m, M]$  where  $m$  is the minimum of  $f$  on  $I$  &  $M$  is the maximum of  $f$  on  $I$ .

(47)

Proof of Thm 2.8 : Without loss of generality, we assume  $f(a) < f(b)$ . Divide  $[a, b]$  into two sub-intervals with equal length by introducing its mid-pt  $c_1 = \frac{a+b}{2}$ .

If  $f(c_1) = \gamma$ , then we are done. Otherwise :

- (I) if  $f(c_1) < \gamma$ , then we set  $I_2 = [c_1, b]$
- (II) if  $f(c_1) > \gamma$ , then we set  $I_2 = [a, c_1]$

$\Rightarrow \begin{cases} f(\text{left end pt}) & < \gamma \\ f(\text{right end pt}) & > \gamma \end{cases}$

Now we repeat the same process on  $I_2$  by introducing its mid-pt  $c_2$ , i.e. if  $f(c_2) = \gamma$ , then the process terminates as we are done, otherwise we find an interval

$I_3$ , the length of which is half of that of  $I_2$

$$\Rightarrow f(\text{left end pt}) < \gamma < f(\text{right end pt})$$

By induction, either we ~~found~~ at step  $n$  a  $c_n$  s.t.  $f(c_n) = \gamma$ ; or we find a sequence of intervals

$$I_1 \supset I_2 \supset I_3 \supset \dots \supset I_n \supset \dots$$

with the following properties : set  $J_n = [a_n, b_n]$ , then

$$\bullet a_n \leq a_{n+1} \leq b_{n+1} \leq b_n, \forall n \geq 1$$

$$\bullet b_n - a_n = \frac{b-a}{2^{n-1}} \quad \bullet f(a_n) < \gamma < f(b_n), \forall n \geq 1$$

$\Rightarrow \exists \xi \text{ s.t. } \{\xi\} = \bigcap_{n \geq 1} J_n$  as  $\{J_n\}$  form a nest

$$\text{i.e. } \lim_{n \rightarrow \infty} a_n = \xi = \lim_{n \rightarrow \infty} b_n$$

By continuity of  $f \Rightarrow \lim_{n \rightarrow \infty} f(a_n) = f(\xi) = \lim_{n \rightarrow \infty} f(b_n)$

$$\text{But } f(a_n) < \gamma \Rightarrow \lim_{n \rightarrow \infty} f(a_n) \leq \gamma, \text{ i.e. } f(\xi) \leq \gamma \quad \Rightarrow$$

$$\forall n, f(b_n) > \gamma \Rightarrow \lim_{n \rightarrow \infty} f(b_n) \geq \gamma, \text{ i.e. } f(\xi) \geq \gamma$$

$f(\xi) = \gamma$ , we are done □