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Several inequalities connected with convex sequences are known. Let us mention those of Nanson [4], Steinig [6] and Ozeki (see [2]). In what follows, we shall use a simple method which allows the substitution of the conditions

(1)
$$\Delta^2 a_n = a_{n+2} - 2a_{n+1} + a_n \ge 0, \text{ for } n \ge 1,$$

that characterize convex sequences, by

(2)
$$m \leq \Delta^2 a_n \leq M$$
, for $n \geq 1$.

The obtained inequalities are not only more general, but, as we shall see on some examples, they strengthen the initial inequalities. The same method was used for functions in [5] and [1].

Before presenting the main results, let us give a representation theorem of sequences that satisfy (2). A more general result is given in [7], but we sketch here the proof which is simple in this particular case.

THEOREM 1. The real sequence $(a_n)_{n\geqslant 1}$ satisfies (2) if and only if there is a sequence $(b_n)_{n\geq 1}$ which verifies

(3)
$$m \le b_n \le M$$
, for $n > 2$

such that

(4)
$$a_n = \sum_{k=1}^{n} (n-k+1)b_k$$
, for any $n \ge 1$.

Proof. Any sequence $(a_n)_{n\geqslant 1}$ may be writen as (4) by taking

$$b_1 = a_1$$
, $b_n = a_n - \sum_{k=1}^{n-1} (n-k+1)b_k$, for $n \ge 2$.

Because (4) implies

$$\Delta^2 a_n = b_{n+2}$$

the conditions (2) and (3) are equivalent.

The method which gives the results what follow is based on a simple remark: if the sequence $(a_n)_{n\geq 1}$ satisfies (2), then the sequences $(c_n)_{n\geq 1}$ and $(d_n)_{n \ge 1}$, given by

(6)
$$c_{n} = a_{n} - m \frac{n^{2}}{2}, \quad d_{n} = M \frac{n^{2}}{2} - a_{n}$$

are convex. So, we can apply to these the results valid for convex sequences. To complete the proofs one requires only some simple calculations which we omit. As a matter of fact, we content ourselves to present for exemplification only two results: the first obtained from the inequality of Nanson [4], the second from that of Steinig [6].

THEOREM 2. If the sequence $(a_n)_{n\geq 1}$ satisfies (2), then for any $n\geq 1$ hold

$$(7) \qquad \frac{2n+1}{6} m \le \frac{a_1 + a_3 + \ldots + a_{2n+1}}{n+1} - \frac{a_2 + a_4 + \ldots + a_{2n}}{n} \le \frac{2n+1}{6} M$$

(8)
$$\frac{n(2n+1)}{6} m \le a_1 - a_2 + a_3 - a_4 + \ldots + a_{2n+1} - \ldots$$

$$-\frac{a_1+a_3+\ldots+a_{2n+1}}{n+1} \le \frac{n(2n+1)}{6}M$$

Applications. Let $a_n=a^{n-1}$. Then $\Delta^2 a_n=a^{n-1}(a-1)^2$. If a>1, then $m=(a-1)^2$ and (7) gives us

(9)
$$\frac{1+a^3+\ldots+a^{2n}}{n+1}-\frac{a+a^3+\ldots+a^{2n-1}}{n}\geq \frac{2n+1}{6}(a-1)^2$$

This is an improvement of an inequality of Wilson (see [3]). From (8) it follows

$$(10) 1-a+a^2-a^3+\ldots+a^{2n}-\frac{1+a^2+\ldots+a^{2n}}{n+1}\geq \frac{n(2n+1)}{6}(a-1)^2$$

which is an improvement of an inequality of Steinig [6]. If 0 < a < 1, then m=0 and $M=(a-1)^2$, so that (7) and (8) give

$$(11) \quad 0 \leq \frac{1+a^2+\ldots+a^{2n}}{n+1} - \frac{a+a^3+\cdots+a^{2n-1}}{n} \leq \frac{2n+1}{6} (a-1)^2,$$

respectively

$$(12) \quad 0 \leq 1 - a + a^2 - a^3 + \ldots + a^{2n} - \frac{1 + a^2 + \ldots + a^{2n}}{n + 1} \leq \frac{n(2n+1)}{6} (a-1)^2.$$

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