

How do we get those “magic” equations?

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Take a look at the matrices generated by applying functions \min and \max to natural numbers in plane XY (X goes left to right, Y — up to bottom, both X and Y start from 1):

\min :

$$\begin{array}{ccccccc}
 1 & 1 & 1 & \cdots & 1 & 1 & 1 \\
 1 & 2 & 2 & \cdots & 2 & 2 & 2 \\
 1 & 2 & 3 & \cdots & 3 & 3 & 3 \\
 \vdots & \vdots & \vdots & \ddots & \vdots & \vdots & \vdots \\
 1 & 2 & 3 & \cdots & n-2 & n-2 & n-2 \\
 1 & 2 & 3 & \cdots & n-2 & n-1 & n-1 \\
 1 & 2 & 3 & \cdots & n-2 & n-1 & n
 \end{array}$$

\max :

$$\begin{array}{ccccccc}
 1 & 2 & 3 & \cdots & n-2 & n-1 & n \\
 2 & 2 & 3 & \cdots & n-2 & n-1 & n \\
 3 & 3 & 3 & \cdots & n-2 & n-1 & n \\
 \vdots & \vdots & \vdots & \ddots & \vdots & \vdots & \vdots \\
 n-2 & n-2 & n-2 & \cdots & n-2 & n-1 & n \\
 n-1 & n-1 & n-1 & \cdots & n-1 & n-1 & n \\
 n & n & n & \cdots & n & n & n
 \end{array}$$

For sumin observe diagonals starting with the main diagonal and going down into the lower triangle:

Main diagonal:

$$[1, 2, \dots n]$$

Each next is one element shorter:

$$[1, 2, \dots n-1], [1, 2, \dots n-2], \dots, [2], [1]$$

Let's start summation over lower triangle diagonal-wise starting with the main diagonal:

$$\sum_{i=1}^n i + \sum_{i=1}^{n-1} i + \dots + \sum_{i=1}^2 i + \sum_{i=1}^1 i =$$

$$\sum_{i=1}^n \frac{i(i+1)}{2} =$$

$$\frac{1}{2} \left(\sum_{i=1}^n i^2 + \sum_{i=1}^n i \right) = \frac{1}{2} \left(\frac{n(n+1)(2n+1)}{6} + \frac{n(n+1)}{2} \right) =$$

$$\frac{n(n+1)(n+2)}{6}$$

To get sum over the whole matrix we need to multiply the result by 2 (to account for both upper and lower triangles) and subtract $\frac{n(n+1)}{2}$, since we counted the main diagonal while summing over both upper and lower triangles:

$$2 \cdot \frac{n(n+1)(n+2)}{6} - \frac{n(n+1)}{2} =$$

$$\frac{n(n+1)(2n+1)}{6}$$

Similarly for sumax:

Main diagonal:

$$[1, 2, \dots n]$$

Each next is again one element shorter:

$$[2, 3, \dots n], [3, 4, \dots n], \dots, [n-1, n], [n]$$

Moving to summation we can present them as following:

$$\begin{aligned} & \text{sum } [1, 2, \dots, n] + (\text{sum } [1, 2, \dots, n] - \text{sum } [1]) \\ + & (\text{sum } [1, 2, \dots, n] - \text{sum } [1, 2]) + \dots + (\text{sum } [1, 2, \dots, n] - \text{sum } [1, 2, \dots, n-2]) \\ & + (\text{sum } [1, 2, \dots, n] - \text{sum } [1, 2, \dots, n-1]) \end{aligned}$$

Consequently:

$$\sum_{i=0}^{n-1} \left(\frac{n(n+1)}{2} - \sum_{j=1}^i j \right) =$$

$$\frac{n^2(n+1)}{2} - \sum_{i=0}^{n-1} \sum_{j=1}^i j =$$

$$\frac{n^2(n+1)}{2} - \sum_{i=0}^{n-1} \frac{i(i+1)}{2} =$$

$$\frac{n^2(n+1)}{2} - \frac{1}{2} \left(\frac{n(n-1)(2n-1)}{6} + \frac{n(n-1)}{2} \right) =$$

$$\frac{n(n+1)(2n+1)}{6}$$

Multiplying by 2 and subtracting $\frac{n(n+1)}{2}$ we get

$$\frac{n(n+1)(4n-1)}{6}$$