



Figure 1.2: The flat norm indicates the unit circle  $T$  and inscribed  $n$ -gon  $T_n$  are close because the region they bound has small area.

theorem [19, p. 367]. If  $M(T) < \infty$ , then  $M(S) + M(\partial S) < \infty$  so  $S$  is normal by Definition 1.3.10.