1. Establish the LHS of the inequality as follows.

Show first that $r_{A}=\frac{R}{2}(1-\cos \alpha)$, whence $r_{A}+r_{B}+r_{C}=\frac{R}{2}[3-(\cos \alpha+\cos \beta+\cos \gamma)]$.
Substitute $\pi-(\alpha+\beta)$ for $\gamma$ and simplify.
The requirement now is to maximise the expression in the round bracket.
Obtain partial derivatives of the expression with respect to $\alpha, \beta$ respectively. Set each equal to zero. Solve the resulting equation pair. You should find that the greatest value in the required interval is obtained when $\alpha=\beta=\frac{\pi}{3}$. This yields the result.
Establish the RHS of the inequality by exhausting cases. You should find that the greatest value of the sum is obtained as one angle approaches $\pi$.
2. Establish that: $\tan \alpha=\frac{a}{2\left(R-2 r_{A}\right)}$, etc.; $a=4 \sqrt{r_{A}\left(R-r_{A}\right)}$, etc. .

Use the identity $\tan \theta+\tan \varphi+\tan \omega=\tan \theta \tan \varphi \tan \omega$, where $\theta+\varphi+\omega=\pi$.
The result follows by substitution.
Note in passing the standard identity $a b c=2(a+b+c) R r$, which would enable us to rewrite equation 2. In terms of $r$.
3. Establish the LHS of the inequality as follows.

Establish that by similar triangles $\frac{\rho_{A}}{r}=\frac{1-\sin \frac{\alpha}{2}}{1+\sin \frac{\alpha}{2}}$, etc..
For the choice made in the next line, which is not perhaps the obvious one, the author is indebted to [1].
Let $\varphi_{A}$ be $\frac{\pi-\alpha}{4}$. Writing $t_{A}$ for $\tan \varphi_{A}$, show that $\frac{\rho_{A}}{r}=t_{A}{ }^{2}$, etc. [3.1]
The problem reduces to showing that $\frac{\rho_{A}+\rho_{B}+\rho_{C}}{r}=t_{A}{ }^{2}+t_{B}{ }^{2}+t_{C}{ }^{2} \geq 1$. [3.2]
Since $\varphi_{A}+\varphi_{B}+\varphi_{C}=\frac{\pi}{2}, \tan \left(\varphi_{A}+\varphi_{B}+\varphi_{C}\right)=\frac{t_{A}+t_{B}+t_{C}-t_{A} t_{B} t_{C}}{1-t_{A} t_{B}-t_{B} t_{C}-t_{C} t_{A}}=\infty$.
Therefore $t_{A} t_{B}+t_{B} t_{C}+t_{C} t_{A}=1$. [3.3]
Split the sum of the squares in [3.2] like this: $\frac{1}{2}\left(t_{A}{ }^{2}+t_{B}{ }^{2}\right)+\frac{1}{2}\left(t_{B}{ }^{2}+t_{C}{ }^{2}\right)+\frac{1}{2}\left(t_{C}{ }^{2}+t_{A}{ }^{2}\right)$.
Pairing terms in [3.2], [3.3], you will have proved the result if you can show that $\frac{1}{2}\left(t_{A}{ }^{2}+t_{B}{ }^{2}\right) \geq t_{A} t_{B}$, etc. .
All that is needed now is to use the classic inequality $x^{2}+y^{2} \geq 2 x y$ for $x>y$.
Establish the RHS of the inequality by exhausting cases. As in 1., the greatest value of the sum is obtained as one angle approaches $\pi$.
4. From [3.1] you have $\rho_{A}=t_{A}^{2} r$, etc.

Use [3.2] with equality and the result comes out.
6. The following proof is given complete, but a shorter one may be possible.

Again, let $c=\cos \frac{\pi}{n}$. Then, from [5.1]:
$S_{1}=2(\tau+\sigma)=8 c$,
$S_{2}=r+R=1+4 c+3 c^{2}$.
Let $c=1-\delta$.

Then:
$S_{1}=8-8 \delta$,
$S_{2}=8-10 \delta+3 \delta^{2}$,
$S_{1}-S_{2}=\delta(2-3 \delta)$. [5.2]
Since $n \geq 3, \frac{1}{2} \leq c<1,0<\delta \leq \frac{1}{2}$. [5.3]
From [5.3] both factors on the right in [5.2] are positive, i.e. $S_{1}>S_{2}$ and $2(\rho+\sigma)>r+R$ as required.

Paul Stephenson
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