Hint for Problem 81

Perhaps the first thing one needs to ask is why proving that if there are $\binom{m+n-2}{m-1}$ people in a room, then there are either at least m mutual acquaintances or at least n mutual strangers proves that $R(m, n)$ exists. Can you see why this tells us that there is some number R of people such that if R people are in a room, then there are m mutual acquaintances or n mutual strangers? And why does that mean the Ramsey Number exists?