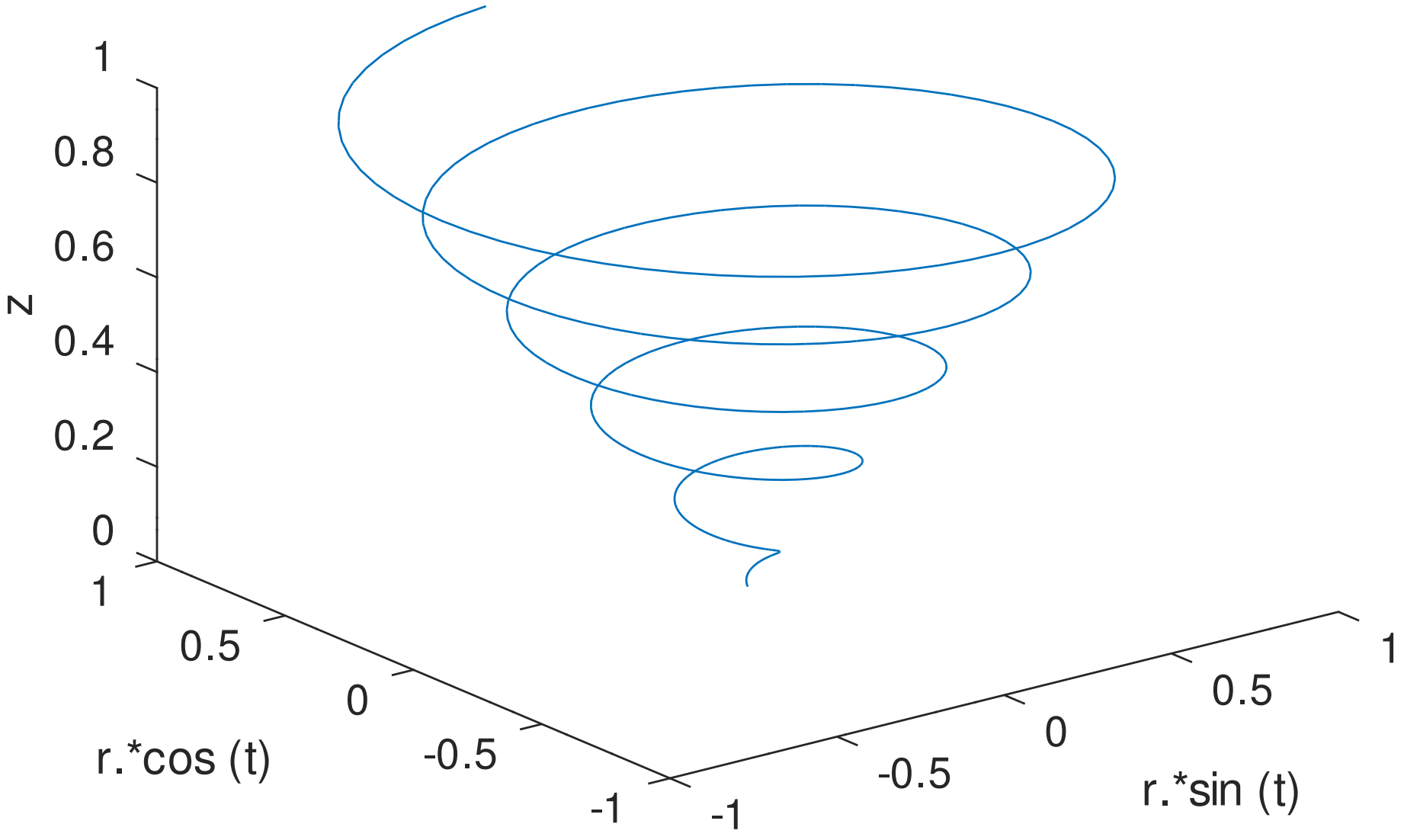plot3 display of 3-D helix