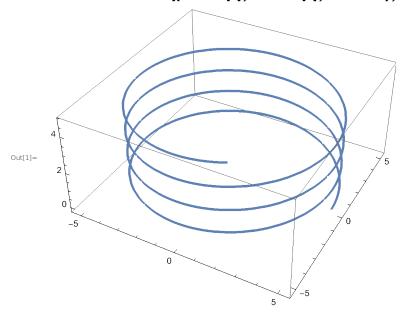
In[1]:= ParametricPlot3D [{5 \* Cos[t], 5 \* Sin[t], t / 5.03 }, {t, 0, 24}]



ParametricPlot3D [{Cos[t](2 + Cos[u]) \* 0.40 , Sin[t](2 + Cos[u]) \* 0.40 , Sin[u]}, {t, 0, 2 \* Pi}, {u, 0, 2 \* Pi}, PlotStyle  $\rightarrow$  Directive [Darker [Green], Opacity [0.3]], Mesh  $\rightarrow$  All]

