Figure 2-38
Cross-sectional view of an α helix. Note that the side chains (shown in green) are on the outside of the helix. The van der Waals radii of the atoms are larger than shown here; hence there is almost no free space inside the helix.

Figure 2-37
Models of a right-handed α helix: (A) only the α-carbon atoms are shown on a helical thread; (B) only the backbone nitrogen (N), α-carbon (Cα), and carbonyl carbon (C) atoms are shown; (C) entire helix. Hydrogen bonds (denoted in part C by . . . in red) between NH and CO groups stabilize the helix.