# ON HELICES AND PSEUDO-RIEMANNIAN SUBMANIFOLDS 

By<br>Yasuo NAKANISHI

## §0. Introduction.

In a Riemannian manifold, a regular curve is called a helix if its first and second curvature is constant and the third curvature is zero. As for helices in a Riemannian submanifold, there is a research of T. Ikawa, who investigated the condition that every helix with curvatures $k, l$ in a Riemannian submanifold is a helix in the ambient space [3]. In a pseudo-Riemannian manifold, helices are defined by almost the same way as the Riemannian case. Recently, T . Ikawa proved the following theorem about helices in a Lorentzian submanifold [4]:

Theorem A. Let $M_{1}\left(\operatorname{dim} M_{1} \geqq 3\right)$ be a Lorentzian submanifold of a pseudoRiemannian manifold $\tilde{M}_{\beta}$. For any positive constant $k$, $l$, the following conditions are equivalent:
(a) every helix in $M_{1}$ with $\langle X, X\rangle=-1,\left\langle\nabla_{X} X, \nabla_{X} X\right\rangle=k^{2}$ and $\left\langle\nabla_{X} \nabla_{X} X, \nabla_{X} \nabla_{X} X\right\rangle$ $=-k^{4}+k^{2} l^{2}$ is a helix in $\tilde{M}_{\beta}$,
(b) $M_{1}$ is totally geodesic.

In this paper, we generalize this theorem to the case of a pseudo-Riemannian submanifold.

The author would like to express his hearty thanks to Professor S. Yamaguchi for his constant encouragement and various advices. He also wish to thank Professor N. Abe for his helpful suggestions.

## § 1. Preliminaries.

Let $V_{\alpha}$ be an $n$-dimensional real vector space equipped with an inner product $\langle$,$\rangle of index \alpha$. A non-zero vector $x$ of $V_{\alpha}$ is said to be null if $\langle x, x\rangle=0$ and unit if $\langle x, x\rangle=+1$ or -1 . Concerning multilinear mappings on $V_{\alpha}$, we have the following lemmas [1]:

Lemma 1.1. For any r-linear mapping $T$ on $V_{\alpha}$ to a real vector space $W$ and $\varepsilon_{0}=+1$ or $-1\left(-\alpha \leqq \varepsilon_{0} \leqq n-\alpha\right)$, the following conditions are equivalent:

Received October 15, 1987.
(a) $T(x, \cdots, x)=0$ for any $x \in V_{\alpha}$ such that $\langle x, x\rangle=\varepsilon_{0}$,
(b) $T(x, \cdots, x)=0$ for any $x \in V_{a}$.

Lemma 1.2. For any $2 r$-linear mapping $T$ on $V_{\alpha}$ to a real vector space $W$ and $\varepsilon_{0}=+1$ or $-1, \varepsilon_{1}=+1,-1$ or $0\left(2-2 \alpha \leqq \varepsilon_{0}+\varepsilon_{1} \leqq 2 n-2 \alpha-2\right)$, the following conditions are equivalent:
(a) $\sum_{i=1}^{2 r} T\left(x, \cdots, x, u_{i}, x, \cdots, x\right)=0$ for any orthogonal vectors $x, u \in V_{\alpha}$ such that $\langle x, x\rangle=\varepsilon_{0}$ and $\langle u, u\rangle=\varepsilon_{1}$,
(b) there exists $w \in W$ such that $T(x, \cdots, x)=\langle x, x\rangle^{r} w$ for any $x \in V_{\alpha}$.

Now let $M_{\alpha}$ be an $n$-dimensional pseudo-Riemannian manifold of index $\alpha$ $(0 \leqq \alpha \leqq n)$ isometrically immersed into an $m$-dimensional pseudo-Riemannian manifold $\tilde{M}_{\beta}$ of index $\beta$. Then $M_{\alpha}$ is called a pseudo-Riemannian submanifold of $\tilde{M}_{\beta}$. We denote the metrics of $M_{\alpha}$ and $\tilde{M}_{\beta}$ by the symbol $\langle$,$\rangle and the$ covariant differentiation of $M_{\alpha}$ (resp. $\tilde{M}_{\beta}$ ) by $\nabla$ (resp. $\tilde{\nabla}$ ). Gauss' formula is

$$
\tilde{\nabla}_{X} Y=\nabla_{X} Y+B(X, Y)
$$

where $X$ and $Y$ are tangent vector fields of $M_{\alpha}$ and $B$ is the second fundamental form of $M_{\alpha}$. Weingarten's formula is

$$
\tilde{\nabla}_{x} \xi=-A_{\xi} X+\nabla_{x}^{\frac{1}{x} \xi},
$$

where $X$ (resp. $\xi$ ) is a tangent (resp. normal) vector field of $M_{\alpha}, \nabla^{\perp}$ is the covariant differentiation with respect to the induced connection in the normal bundle $N\left(M_{\alpha}\right)$ and $A_{\xi}$ is the shape operator of $M_{\alpha}$. We have the following relation:

$$
\left\langle A_{\xi} X, Y\right\rangle=\langle B(X, Y), \xi\rangle .
$$

For the second fundamental form and the shape operator, we define their covariant derivatives by

$$
\begin{aligned}
& \bar{\nabla} B(X, Y, Z)= \nabla_{\frac{1}{Z}}(B(X, Y))-B\left(\nabla_{Z} X, Y\right)-B\left(X, \nabla_{Z} Y\right), \\
& \bar{\nabla}^{2} B(X, Y, Z, W)= \nabla_{W}^{1}(\bar{\nabla} B(X, Y, Z))-\bar{\nabla} B\left(\nabla_{W} X, Y, Z\right) \\
& \quad-\bar{\nabla} B\left(X, \nabla_{W} Y, Z\right)-\bar{\nabla} B\left(X, Y, \nabla_{W} Z\right), \\
&\left(\bar{\nabla}_{Y} A\right)_{\xi} X=\nabla_{Y}\left(A_{\xi} X\right)-A_{\nabla_{\frac{1}{\xi} \xi}} X-A_{\xi} \nabla_{Y} X,
\end{aligned}
$$

where $X, Y, Z, W$ are tangent vector fields of $M_{\alpha}$ and $\xi$ is a normal vector field of $M_{\alpha}$. The mean curvature vector field $H$ of $M_{\alpha}$ is defined by

$$
H:=(1 / n) \sum_{i=1}^{n}\left\langle e_{i}, e_{i}\right\rangle B\left(e_{i}, e_{i}\right),
$$

where $\left\{e_{1}, \cdots, e_{n}\right\}$ is an orthonormal frame of $M_{\alpha} . H$ is said to be parallel
when $\nabla^{\perp} H=0$ holds. If the second fundamental form $B$ satisfies

$$
B(X, Y)=\langle X, Y\rangle H
$$

for any tangent vector fields $X, Y$ of $M_{\alpha}$, then $M_{\alpha}$ is said to be totally umbilic. A totally umbilical submanifold with the parallel mean curvature vector field is called an extrinsic sphere. If the second fundamental form vanishes identically on $M_{\alpha}$, then $M_{\alpha}$ is said to be totally geodesic.

## § 2. Helices in a pseudo-Riemannian manifold.

Let $c=c(t)$ be a regular curve in a pseudo-Riemannian manifold $M_{\alpha}$. We denote the tangent vector field $c^{\prime}(t)$ by the letter $X$. When $\langle X, X\rangle=+1$ or $-1, c$ is called a unit speed curve. In this paper, a unit speed curve $c$ in $M_{\alpha}$ is said to be a helix if and only if there exist constants $\alpha, \beta$ and vector fields $U, V$ of constant length along $c$ such that $X, U, V$ are orthogonal and the following equations hold:

$$
\begin{equation*}
\nabla_{X} X=U, \quad \nabla_{X} U=\alpha X+V, \quad \nabla_{X} V=\beta U . \tag{2.1}
\end{equation*}
$$

Especially, if $V=0$ in this equation, the curve is called a circle in [1]. Moreover, if $U=V=0$ in this equation, the curve is a geodesic.

Lemma 2.1. A unit speed curve $c$ in $M_{\alpha}$ is a helix if and only if there exists a constant $\lambda$ such that

$$
\begin{equation*}
\nabla_{X} \nabla_{X} \nabla_{X} X=\lambda \nabla_{X} X . \tag{2.2}
\end{equation*}
$$

Proof. If $c$ is a helix, by means of (2.1) we get

$$
\nabla_{X} \nabla_{X} \nabla_{X} X=\nabla_{X} \nabla_{X} U=\nabla_{X}(\alpha X+V)=\alpha \nabla_{X} X+\nabla_{X} V=(\alpha+\beta) U=(\alpha+\beta) \nabla_{X} X
$$

Conversely, we assume the existence of $\lambda$ which satisfies (2.2). Since $\langle X, X\rangle=+1$ or -1 , we obtain the following equations:

$$
\begin{align*}
& \left\langle\nabla_{X} X, X\right\rangle=0,  \tag{2.3}\\
& \left\langle\nabla_{X} \nabla_{X} X, X\right\rangle+\left\langle\nabla_{X} X, \nabla_{X} X\right\rangle=0,  \tag{2.4}\\
& \left\langle\nabla_{X} \nabla_{X} \nabla_{X} X, X\right\rangle+3\left\langle\nabla_{X} \nabla_{X} X, \nabla_{X} X\right\rangle=0 . \tag{2.5}
\end{align*}
$$

Substituting (2.2) into (2.5) and using (2.3), we have

$$
\begin{equation*}
X\left(\left\langle\nabla_{X} X, \nabla_{X} X\right\rangle\right)=0 \tag{2.6}
\end{equation*}
$$

Differentiating this equation by $X$ and using (2.2), we get

$$
\begin{align*}
0 & =\left\langle\nabla_{X} \nabla_{X} \nabla_{X} X, \nabla_{X} X\right\rangle+\left\langle\nabla_{X} \nabla_{X} X, \nabla_{X} \nabla_{X} X\right\rangle  \tag{2.7}\\
& =\lambda\left\langle\nabla_{X} X, \nabla_{X} X\right\rangle+\left\langle\nabla_{X} \nabla_{X} X, \nabla_{X} \nabla_{X} X\right\rangle .
\end{align*}
$$

By (2.4), (2.6) and (2.7), we can see that $\left\langle\nabla_{X} X, \nabla_{X} X\right\rangle,\left\langle\nabla_{X} \nabla_{X} X, X\right\rangle$ and $\left\langle\nabla_{X} \nabla_{X} X, \nabla_{X} \nabla_{X} X\right\rangle$ are constant. We put as follows:

$$
U:=\nabla_{X} X, \quad \alpha:=\langle X, X\rangle\left\langle\nabla_{X} U, X\right\rangle, \quad V:=\nabla_{X} U-\alpha X .
$$

Note that $X, U, V$ are orthogonal and $\alpha,\langle U, U\rangle$ are constant. $\langle V, V\rangle$ is also constant because

$$
\langle V, V\rangle=\left\langle\nabla_{X} \nabla_{X} X, \nabla_{X} \nabla_{X} X\right\rangle-2 \alpha\left\langle\nabla_{X} \nabla_{X} X, X\right\rangle+a^{2}\langle X, X\rangle .
$$

At least, we have

$$
\nabla_{X} V=\nabla_{X} \nabla_{X} \nabla_{X} X-\alpha \nabla_{X} X=(\lambda-\alpha) \nabla_{X} X=(\lambda-\alpha) U .
$$

Thus we can see that $c$ is a helix.
Q. E. D.

## §3. Helices and pseudo-Riemannian submanifolds.

In this section, we prove the following theorems:
Theorem 3.1. Let $M_{\alpha}$ be a pseudo-Riemannian submanifold in a pseudoRiemannian manifold $\tilde{M}_{\beta}$ and $\varepsilon_{0}, \varepsilon_{1}, \varepsilon_{2}=+1$ or $-1\left(-2 \alpha+3 \leqq \varepsilon_{0}+\varepsilon_{1}+\varepsilon_{2} \leqq 2 n-2 \alpha\right.$ -3). For any positive constants $k, l$, the following conditions are equivalent:
(a) every helix in $M_{\alpha}$ with $\langle X, X\rangle=\varepsilon_{0},\left\langle\nabla_{X} X, \nabla_{X} X\right\rangle=\varepsilon_{1} k^{2}$ and $\left\langle\nabla_{X} \nabla_{X} X, \nabla_{X} \nabla_{X} X\right\rangle$ $=\varepsilon_{0} k^{4}+\varepsilon_{2} k^{2} l^{2}$ is a helix in $\tilde{M}_{\beta}$,
(b) $M_{\alpha}$ is a totally geodesic submanifold.

Theorem 3.2. Let $M_{\alpha}$ be a pseudo-Riemannian submanifold in a pseudoRiemannian manifold $\tilde{M}_{\beta}$ and $\varepsilon_{0}, \varepsilon_{1}=+1$ or $-1\left(-2 \alpha+4 \leqq \varepsilon_{0}+\varepsilon_{1} \leqq 2 n-2 \alpha-4\right)$. For any positive constant $k$, the following conditions are equivalent:
(a) every helix in $M_{\alpha}$ with $\langle X, X\rangle=\varepsilon_{0},\left\langle\nabla_{X} X, \nabla_{X} X\right\rangle=\varepsilon_{1} k^{2}$ and $\left\langle\nabla_{X} \nabla_{X} X, \nabla_{X} \nabla_{X} X\right\rangle$ $=\varepsilon_{0} k^{4}$ is a helix in $\tilde{M}_{\beta}$,
(b) $M_{\alpha}$ is an extrinsic sphere.

Proof. In order to prove these theorems simultaneously, we suppose $\varepsilon_{2}=$ $+1,-1$ or 0 and put the following assumption at first:
every helix in $M_{\alpha}$ with $\langle X, X\rangle=\varepsilon_{0},\left\langle\nabla_{X} X, \nabla_{X} X\right\rangle=\varepsilon_{1} k^{2}$ and $\left\langle\nabla_{X} \nabla_{X} X, \nabla_{X} \nabla_{X} X\right\rangle$ $=\varepsilon_{0} k^{4}+\varepsilon_{2} k^{2} l^{2}$ is a helix in $\tilde{M}_{\beta}$.

Note that this condition is reduced to the condition (a) of Theorem 3.2 when $\varepsilon_{2}=0$. Let $x, u, v$ be any mutually orthogonal vectors of $M_{\alpha}$ at $p$ such that

$$
\langle x, x\rangle=\varepsilon_{0}, \quad\langle u, u\rangle=\varepsilon_{1}, \quad \text { and }\langle v, v\rangle=\varepsilon_{2} .
$$

There exists a helix $c$ of $M_{\alpha}$ such that

$$
\begin{align*}
& c(0)=p, \quad X(p)=x, \quad\left(\nabla_{X} X\right)(p)=k u  \tag{3.1}\\
& \text { and }\left(\nabla_{X} \nabla_{X} X\right)(p)=-\varepsilon_{0} \varepsilon_{1} k^{2} x+k l v,
\end{align*}
$$

where $X:=c^{\prime}(t)$. By Lemma 2.1, there exists a constant $\lambda$ such that

$$
\nabla_{X} \nabla_{X} \nabla_{X} X=\lambda \nabla_{X} X
$$

Since (2.7) holds in this situation, $\lambda$ is calculated as

$$
\begin{aligned}
\lambda & =\varepsilon_{1} k^{-2} \lambda\left\langle\nabla_{X} X, \nabla_{X} X\right\rangle(p) \\
& =-\varepsilon_{1} k^{-2}\left\langle\nabla_{X} \nabla_{X} X, \nabla_{X} \nabla_{X} X\right\rangle(p) \\
& =-\varepsilon_{0} \varepsilon_{1} k^{2}-\varepsilon_{1} \varepsilon_{2} l^{2} .
\end{aligned}
$$

Thus we obtain

$$
\begin{equation*}
\nabla_{X} \nabla_{X} \nabla_{X} X=\left(-\varepsilon_{0} \varepsilon_{1} k^{2}-\varepsilon_{1} \varepsilon_{2} l^{2}\right) \nabla_{X} X . \tag{3.2}
\end{equation*}
$$

Since $c$ is a helix in $\tilde{M}_{\beta}$ by the assumption, there exists a constant $\tilde{\lambda}$ such that

$$
\tilde{\nabla}_{X} \tilde{\nabla}_{x} \tilde{\nabla}_{x} X=\tilde{\lambda}_{X} X
$$

because of Lemma 2.1. Since the constant $\bar{\lambda}$ depends on the initial vectors $x, u, v$, we rewrite the above equation as

$$
\begin{equation*}
\tilde{\nabla}_{x} \tilde{\nabla}_{X} \tilde{\nabla}_{X} X=\tilde{\lambda}(x, u, v) \tilde{\nabla}_{X} X \tag{3.3}
\end{equation*}
$$

On the other hand, by Gauss' formula we have

$$
\begin{equation*}
\tilde{\nabla}_{X} X=\nabla_{X} X+B(X, X) \tag{3.4}
\end{equation*}
$$

Differentiating with respect to $X$ and using Gauss' formula and Weingarten's formula, we get

$$
\tilde{\nabla}_{X} \tilde{\nabla}_{X} X=\nabla_{X} \nabla_{X} X-A_{B(X, X)} X+3 B\left(X, \nabla_{X} X\right)+\bar{\nabla} B(X, X, X) .
$$

Differentiating again and using Gauss' formula and Weingarten's formula, we obtain

$$
\begin{align*}
\tilde{\nabla}_{X} \tilde{\nabla}_{X} \tilde{\nabla}_{X} X= & \nabla_{X} \nabla_{X} \nabla_{X} X-2 A_{\nabla B(X, X, X)} X-5 A_{B\left(X, \nabla_{X} X\right)} X  \tag{3.5}\\
& -\left(\bar{\nabla}_{X} A\right)_{B(X, X)} X-A_{B(X, X)} \nabla_{X} X \\
& -B\left(X, A_{B(X, X)} X\right)+4 B\left(X, \nabla_{X} \nabla_{X} X\right)+3 B\left(\nabla_{X} X, \nabla_{X} X\right) \\
& +5 \bar{\nabla} B\left(X, \nabla_{X} X, X\right)+\bar{\nabla} B\left(X, X, \nabla_{X} X\right)+\bar{\nabla}^{2} B(X, X, X, X) .
\end{align*}
$$

Substituting (3.2) and (3.3) into (3.5), we have

$$
\begin{aligned}
& \tilde{\lambda}( x, u, v)\left(\nabla_{X} X+B(X, X)\right) \\
&=\left.\left(-\varepsilon_{0} \varepsilon_{1} k^{2}-\varepsilon_{1} \varepsilon_{2} l^{2}\right) \nabla_{X} X-2 A_{\bar{\nabla}_{B(X, X}}, X\right) X-5 A_{B\left(X, \nabla_{X} X\right)} X \\
& \quad-\left(\bar{\nabla}_{X} A\right)_{B(X, X)} X-A_{B(X, X)} \nabla_{X} X \\
& \quad-B\left(X, A_{B(X, X)} X\right)+4 B\left(X, \nabla_{X} \nabla_{X} X\right)+3 B\left(\nabla_{X} X, \nabla_{X} X\right) \\
& \quad+5 \bar{\nabla} B\left(X, \nabla_{X} X, X\right)+\bar{\nabla} B\left(X, X, \nabla_{X} X\right)+\bar{\nabla}^{2} B(X, X, X, X) .
\end{aligned}
$$

Taking tangent and normal parts at $p$ and making use of (3.1), we get

$$
\begin{align*}
\tilde{\lambda}(x, u, v) k u= & \left(-\varepsilon_{0} \varepsilon_{1} k^{3}-\varepsilon_{1} \varepsilon_{2} k l^{2}\right) u-2 A_{\bar{\nabla} B(x, x, x)} x  \tag{3.6}\\
& -5 k A_{B(x, u)} x-\left(\bar{\nabla}_{x} A\right)_{B(x, x)} x-k A_{B(x, x)} u, \\
\tilde{\lambda}(x, u, v) B(x, x)= & -B\left(x, A_{B(x, x)} x\right)-4 \varepsilon_{0} \varepsilon_{1} k^{2} B(x, x)  \tag{3.7}\\
& +4 k l B(x, v)+3 k^{2} B(u, u)+5 k \bar{\nabla} B(x, u, x) \\
& +k \bar{\nabla} B(x, x, u)+\bar{\nabla}^{2} B(x, x, x, x) .
\end{align*}
$$

Note that these equations hold for any mutually orthogonal vectors $x, u, v$ $\in T_{p}\left(M_{\alpha}\right)$ such that $\langle x, x\rangle=\varepsilon_{0},\langle u, u\rangle=\varepsilon_{1}$ and $\langle v, v\rangle=\varepsilon_{2}$. If we add (3.6) to the equation obtained by changing $u$ into $-u$ in (3.6), we have

$$
\begin{equation*}
\{-\tilde{\lambda}(x,-u, v)+\tilde{\lambda}(x, u, v)\} k u=-4 A_{\bar{\nabla} B(x, x, x)} x-2\left(\bar{\nabla}_{x} A\right)_{B(x, x)} x . \tag{3.8}
\end{equation*}
$$

Subtracting (3.6) from the equation obtained by changing $v$ into $-v$ in (3.6), we find

$$
\begin{equation*}
\tilde{\lambda}(x, u,-v)=\tilde{\lambda}(x, u, v) . \tag{3.9}
\end{equation*}
$$

By subtracting (3.7) from the equation obtained by changing $u$ into $-u$ in (3.7), we have

$$
\begin{equation*}
\{\tilde{\lambda}(x,-u, v)-\tilde{\lambda}(x, u, v)\} B(x, x)=-10 k \bar{\nabla} B(x, u, x)-2 k \bar{\nabla} B(x, x, u) . \tag{3.10}
\end{equation*}
$$

If we subtract (3.7) from the equation obtained by changing $v$ into $-v$ in (3.7), we get

$$
\begin{equation*}
\{\tilde{\lambda}(x, u,-v)-\tilde{\lambda}(x, u, v)\} B(x, x)=-8 k l B(x, v) . \tag{3.11}
\end{equation*}
$$

It follows from (3.9) and (3.11) that

$$
B(x, v)=0 .
$$

Since this equation holds for any mutually orthogonal vectors $x, v \in T_{p}\left(M_{\alpha}\right)$ such that $\langle x, x\rangle=\varepsilon_{0}$ and $\langle v, v\rangle=\varepsilon_{2}$, by means of Lemma 1.2, there exists a normal vector $w$ such that

$$
B(x, x)=\langle x, x\rangle w
$$

for any $x \in T_{p}\left(M_{\alpha}\right)$. Thus $M_{\alpha}$ is totally umbilic and $w$ is the mean curvature
vector $H$ at each point of $M_{\alpha}$. Now we have

$$
\begin{equation*}
B(x, y)=\langle x, y\rangle H, \quad A_{\xi} x=\langle H, \xi\rangle x, \tag{3.12}
\end{equation*}
$$

for any $x, y \in T_{p}\left(M_{\alpha}\right)$ and $\xi \in N_{p}\left(M_{\alpha}\right)$. By these equations, (3.8) is reduced to

$$
\{-\tilde{\lambda}(x,-u, v)+\tilde{\lambda}(x, u, v)\} k u=-6 \varepsilon_{0}\left\langle H, \nabla_{x}^{\frac{1}{x}} H\right\rangle x .
$$

Taking the inner product with $u$, we find that

$$
\tilde{\lambda}(x,-u, v)=\tilde{\lambda}(x, u, v) .
$$

By this equation and (3.12), (3.10) is reduced to

$$
\nabla_{u}^{\frac{1}{u}} H=0 .
$$

Since this equation holds for any $u \in T_{p}\left(M_{\alpha}\right)$ such that $\langle u, u\rangle=\varepsilon_{1}$, making use of Lemma 1.1, we get

$$
\begin{equation*}
\nabla^{\perp} H=0 . \tag{3.13}
\end{equation*}
$$

Thus we have proved that (a) implies (b) in Theorem 3.2. Moreover, by (3.12), (3.13) and (3.6), we have

$$
\tilde{\lambda}(x, u, v)=-\varepsilon_{0} \varepsilon_{1} k^{2}-\varepsilon_{1} \varepsilon_{2} l^{2}-\varepsilon_{0}\langle H, H\rangle .
$$

On the other hand, by (3.12), (3.13) and (3.7), we obtain

$$
\varepsilon_{0} \tilde{\lambda}(x, u, v) H=-\langle H, H\rangle H-\varepsilon_{1} k^{2} H .
$$

Thus we get

$$
\varepsilon_{2} H=0,
$$

which means that $M_{\alpha}$ is totally geodesic if $\varepsilon_{2}$ is not zero. Now we have seen that (a) implies (b) in Theorem 3.1.

Since it is clear that (b) implies (a) in Theorem 3.1, all we have to do next is to derive (a) from (b) in Theorem 3.2. Let $c$ be any helix in $M_{\alpha}$ such that

$$
\begin{equation*}
\langle X, X\rangle=\varepsilon_{0}, \quad\left\langle\nabla_{X} X, \nabla_{X} X\right\rangle=\varepsilon_{1} k^{2} \text { and }\left\langle\nabla_{X} \nabla_{X} X, \nabla_{X} \nabla_{X} X\right\rangle=\varepsilon_{0} k^{4}, \tag{3.14}
\end{equation*}
$$

where $X:=c^{\prime}(t)$. By Lemma 3.1, there exists a constant $\lambda$ such that

$$
\nabla_{X} \nabla_{X} \nabla_{X} X=\lambda \nabla_{X} X
$$

By means of (2.7), $\lambda$ is calculated as

$$
\lambda=\varepsilon_{1} k^{-2} \lambda\left\langle\nabla_{X} X, \nabla_{X} X\right\rangle=-\varepsilon_{1} k^{-2}\left\langle\nabla_{X} \nabla_{X} X, \nabla_{X} \nabla_{X} X\right\rangle=-\varepsilon_{0} \varepsilon_{1} k^{2} .
$$

Consequently, we have

$$
\begin{equation*}
\nabla_{X} \nabla_{X} \nabla_{X} X=-\varepsilon_{0} \varepsilon_{1} k^{2} \nabla_{X} X . \tag{3.15}
\end{equation*}
$$

By the condition (b), we have

$$
B(x, y)=\langle x, y\rangle H, \quad A_{\xi} x=\langle H, \xi\rangle x
$$

for any $x, y \in T_{p}\left(M_{\alpha}\right), \xi \in N_{p}\left(M_{\alpha}\right)$ and

$$
\bar{\nabla} B=0, \quad \bar{\nabla} A=0 .
$$

Since (3.5) holds for any curve, by making use of the above equations and (3.14), we have

$$
\tilde{\nabla}_{X} \tilde{\nabla}_{X} \tilde{\nabla}_{X} X=\nabla_{X} \nabla_{X} \nabla_{X} X-\varepsilon_{0}\langle H, H\rangle \nabla_{X} X-\langle H, H\rangle H-\varepsilon_{1} k^{2} H .
$$

Substituting (3.15) into this equation, we find

$$
\begin{aligned}
\tilde{\nabla}_{X} \tilde{\nabla}_{X} \tilde{\nabla}_{X} X & =\left(-\varepsilon_{0} \varepsilon_{1} k^{2}-\varepsilon_{0}\langle H, H\rangle\right)\left(\nabla_{X} X+\varepsilon_{0} H\right) \\
& =\left(-\varepsilon_{0} \varepsilon_{1} k^{2}-\varepsilon_{0}\langle H, H\rangle\right) \tilde{\nabla}_{X} X,
\end{aligned}
$$

which means that $c$ is a helix in $\tilde{M}_{\beta}$ by Lemma 2.1.
Q.E.D.

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## Department of Mathematics

Faculty of Science
Science University of Tokyo
Tokyo, Japan 162

