

member-s-insert^{11,40}

$\forall T:\text{Type}.$

$\text{subtype_rel}(T; \mathbb{Z}) \Rightarrow (\forall x:T, L:(T \text{ List}), z:T. (z \in \text{s-insert}(x; L)) \iff ((z = x) \vee (z \in L)))$