```
cons_before  THM

⊢  ∀T:Type, l:T List, a,x,y:T.
   x before y ∈ [a / l] ⟺ x = a & (y ∈ l) ∨ x before y ∈ l
  by Unfold ‘l_before‘ 0 THEN RWO "member_iff_sublist" 0

     THENM RWO "cons_sublist_cons" 0 THEN Auto
END
```