```
l_before_member2  THM

⊢  ∀T:Type, L:T List, a,b:T. a before b ∈ L ⇒ (a ∈ L)
| by Unfolds ``l_before``  0 THEN Auto
|
1. T : Type
2. L : T List
3. a : T
4. b : T
5. [a; b] ⊆ L
⊢  (a ∈ L)  by BackThruLemma `member_iff_sublist` THEN Auto
|
1. T : Type
2. L : T List
3. a : T
4. b : T
5. [a; b] ⊆ L
⊢  [a] ⊆ L
| by Using [`L2', [a; b]
|    ] (BackThruLemma `sublist_transitivity`) THEN Auto
|
1. T : Type
2. L : T List
3. a : T
4. b : T
5. [a; b] ⊆ L
⊢  [a] ⊆ [a; b]
| by BackThruLemma `cons_sublist_cons` THEN Reduce 0 THEN Auto
|
1. T : Type
2. L : T List
3. a : T
4. b : T
5. [a; b] ⊆ L
⊢  a = a & nil ⊆ [b] ∨ [a] ⊆ [b]
  by RWO "nil_sublist" 0 THEN Auto THEN SimpConcl
END
```