```
sublist_antisymmetry  THM

⊢  ∀T:Type, L1,L2:T List. L1 ⊆ L2 ⇒ L2 ⊆ L1 ⇒ L1 = L2
| by Auto THEN BackThruLemma ‘proper_sublist_length‘ THEN Auto
|
1. T : Type
2. L1 : T List
3. L2 : T List
4. L1 ⊆ L2
5. L2 ⊆ L1
⊢  ||L1|| = ||L2||
  by AllHyps (\i. FwdThruLemma ‘length_sublist‘ [i] THENA Auto)

     THEN Auto’
END
```