```
sublist_nil  THM

⊢  ∀T:Type, L:T List. L ⊆ nil ⟺ L = nil
| by Auto THEN
Try (BackThruLemma `length_zero` THEN Auto

|    THEN FwdThruLemma `length_sublist` [(-1)] THEN Auto

|    THEN Reduce (-1) THEN Auto')
|
1. T : Type
2. L : T List
3. L = nil
⊢  L ⊆ nil  by HypSubst (-1) 0 THEN Auto THEN Easy
END
```