```
Container (E, C): trait
  % head and tail enumerate contents of a C
  includes InsertGenerated, Integer
  introduces
    isEmpty: C → Bool
    count: E, C → Int
    __ ∈ __: E, C → Bool
    head: C → E
    tail: C → C
  asserts
    C partitioned by isEmpty, head, tail
    ∀ e, e1: E, c: C
      isEmpty(empty);
      ¬ isEmpty(insert(e, c));
      count(e, empty) == 0;
      count(e, insert(e1, c)) ==
        count(e, c) + (if e = e1 then 1 else 0);
      e ∈ c == count(e, c) > 0;
      ¬ isEmpty(c) ⇒
        count(e, insert(head(c), tail(c)))
          = count(e, c)
  implies
    ∀ c: C
      ¬ isEmpty(c) ⇒ count(head(c), c) > 0;
    converts isEmpty, count, ∈
```