```
IntegerAndPositive (Int, P): trait
  % Conversions between Int's and P's
  includes
    Integer (Int),
    Positive (P)
  introduces
    int: P → Int
    pos: Int → P
  asserts ∀ p: P
    int(1) == 1;
    int(succ(p)) == succ(int(p));
    pos(int(p)) == p
```