Q2: Since NBV functions are the difference of increasing functions, it is sufficient to show that the inequality holds for bounded increasing functions. Writing F, F_t as the difference of increasing functions we observe:

$$\int |F - F_t| dm = \int |(F^1 - F^2) - (F_t^1 - F_t^2)| \leq \int |F^1 - F_t^1| + \int |F^2 - F_t^2|.$$

Hence we can seek an upper bound for each of these terms. Furthermore we can normalize F so that $F(-\infty) = 0$. We define $C = \sup_{x \in \mathbb{R}}(F(x))$. Let $E_n = (-nt, nt]$. Let $g_n(x) = \chi_{E_n}[F(x) - F(x-t)]$. Since $F(x)$ increasing, we have that $g_n \nearrow F(x) - F(x-t)$ on $\mathbb{R}$. First for $t \geq 0$, we compute that

$$\begin{aligned}
\int_{\mathbb{R}} g_n dm &= \int_{(-nt,nt]} F(x) - F(x-t) \\
&= \int_{(-nt,nt]} F(x) dm - \int_{(nt,nt]} F(x-t) dm \\
&= \int_{(-nt,nt]} F(x) dm - \int_{(t-nt,t+nt]} F(x) dm && \text{(by change of variables)} \\
&\leq \int_{(-nt,nt]} F(x) dm - \int_{(-nt,t(n+1)]} F(x) dm && \text{(since } F(x) \text{ increasing)} \\
&= \int_{(nt,n(t+1)]} F(x) dm \\
&\leq C|t|. && \text{(since } F(x) \text{ bounded)}
\end{aligned}$$

The argument is almost identical for $t < 0$, we simply change the direction of the shifting of intervals. Hence we have that

$$\int_{\mathbb{R}} g_n < C|t|.$$

The monotone convergence theorem implies that

$$\lim_{n\to\infty} \int_{\mathbb{R}} g_n dm = \int_{\mathbb{R}} \lim_{n\to\infty} g_n dm = \int_{\mathbb{R}} F(x) - F(x-t) dm < C|t|.$$

Thus we are done.