```
m≡n,p≤n→p≤m : ∀ {p m n} → m ≡ n → p ≤ n → p ≤ m
m≡n,p≤n→p≤m m≡n p≤n rewrite sym m≡n = p≤n

+→≤ : ∀ {m n : ℕ} → m ≤ m + n
+→≤ {zero} {n} = z≤n
+→≤ {suc m} {n} = s≤s +→≤

+→≤ʳ : ∀ {m n : ℕ} → m ≤ n + m
+→≤ʳ {m} {n} = m≡n,p≤n→p≤m (+-comm {n} {m}) +→≤
```