Seasoning

Range based for loops for for-each and simple transforms

```
for (const auto& e: r) f(e);
for (auto& e: r) e = f(e);
```

- Use const auto& for for-each and auto& for transforms
- Keep the body short
 - A general guideline is no longer than composition of two functions with an operator

```
for (const auto& e: r) f(g(e));
for (const auto& e: r) { f(e); g(e); };
for (auto& e: r) e = f(e) + g(e);
```

If the body is longer, factor it out and give it a name