Theorem (1.6.15). Let x and y be real numbers. If $x + y \ge 2$, then $(x \ge 1) \lor (y \ge 1)$.

Proof. By the contrapositive. Suppose it were the case that $(x < 1) \land (y < 1)$. We can simply add the inequalities: x + y < 1 + 1 = 2. This is the logical negation for the direct form hypothesis, by DeMorgans law. Thus concludes the proof.