## Free Theorems for Nested Types

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## 1 FREE THEOREM FOR TYPE OF POLYMORPHIC IDENTITY

Suppose  $\vdash g: \operatorname{Nat}^{\alpha} \alpha \alpha$ , let  $G^{\operatorname{Set}} = \llbracket \vdash g: \operatorname{Nat}^{\alpha} \alpha \alpha \rrbracket^{\operatorname{Set}}$ , and let  $G^{\operatorname{Rel}} = \llbracket \vdash g: \operatorname{Nat}^{\alpha} \alpha \alpha \rrbracket^{\operatorname{Rel}}$ . By Theorem  $\ref{eq:Rel}(G^{\operatorname{Set}}(\pi_1\rho), G^{\operatorname{Set}}(\pi_2\rho)) = G^{\operatorname{Rel}}\rho$ . Thus, for all  $\rho \in \operatorname{RelEnv}$  and any  $(a,b) \in \llbracket \vdash \emptyset \rrbracket^{\operatorname{Rel}}\rho = 1$ , eliding the only possible instantiations of a and b gives that

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\begin{array}{lll} (G^{\operatorname{Set}},G^{\operatorname{Set}}) &=& (G^{\operatorname{Set}}(\pi_{1}\rho),G^{\operatorname{Set}}(\pi_{2}\rho)) &\in& \llbracket \vdash \operatorname{Nat}^{\alpha}\alpha\alpha \rrbracket^{\operatorname{Rel}}\rho \\ &=& \{\eta:id\Rightarrow id\} \\ &=& \{(\eta_{1}:id\Rightarrow id,\eta_{2}:id\Rightarrow id)\} \end{array}
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That is,  $G^{Set}$  is a natural transformation from the identity functor on Set to itself.

Now let S be any set. If  $S=\emptyset$ , then there is exactly one morphism  $id_S:S\to S$ , so  $G_S^{\operatorname{Set}}:S\to S$  must be  $id_S$ . If  $S\neq\emptyset$ , then if a is any element of S and  $K_a:S\to S$  is the constantly a-valued morphism on S, then instantiating the naturality square implied by the above equality gives that  $G_S^{\operatorname{Set}}\circ K_a=K_a\circ G_S^{\operatorname{Set}}$ , i.e.,  $G_S^{\operatorname{Set}}=a$ , i.e.,  $G_S^{\operatorname{Set}}=id_S$ . Putting these two cases together we have that for every  $S:\operatorname{Set},G_S^{\operatorname{Set}}=id_S$ , i.e.,  $G_S^{\operatorname{Set}}=id_S$  is the identity natural transformation for the identity functor on Set. So every closed term g of closed type  $\operatorname{Nat}^\alpha \alpha$  always denotes the identity natural transformation for the identity functor on Set, i.e., every closed term g of type  $\operatorname{Nat}^\alpha \alpha$  a denotes the polymorphic identity function.