```
/* The following code example is taken from the book
 * "The C++ Standard Library - A Tutorial and Reference, 2nd Edition"
 * by Nicolai M. Josuttis, Addison-Wesley, 2012
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 */
#include <list>
#include <algorithm>
using namespace std;
int main()
    list<int> coll:
    // insert elements from 6 to 1 and 1 to 6
    for (int i=1; i <=6; ++i) {
         coll.push_front(i);
        coll.push_back(i);
    // remove all elements with value 3 (poor performance)
    coll. erase (remove(coll. begin(), coll. end(),
                         3),
                 coll. end());
    // remove all elements with value 4 (good performance)
    coll.remove (4);
}
```