```cpp
// Iterative Solution:
template <typename T>
typename List<T>::ListNode *& List<T>::_index(unsigned index) {
  if (index == 0) { return head; }
  else {
    ListNode *thru = head;
    for (unsigned i = 0; i < index - 1; i++) {
      thru = thru->next;
    }
    return thru->next;
  }
}
```