Raster Graphic in C++

Purpose: Written in the C++ language, this console application that holds the data of a raster graphic application (there is no actual graphics in the project) using a forward list (aka singly-linked list) in dynamic memory for its data. There is a C version of this program I've coded on GitHub, and this is its C++ version.

The RasterGraphic is a series of GraphicElements held in a forward list. When the list runs it displays the details of each GraphicElement at intervals of 1 second using the system clock.

You can:
- add a new GraphicElement to the RasterGraphic at a position selected by the user,
- delete the first GraphicElement in the list,
- report the RasterGraphic to show the list of GraphicElement details one after another at 1 second intervals (code supplied),
- quit leaving no allocated dynamic memory

Example Output:
```
MENU
 1. Insert a GraphicElement
 2. Delete a GraphicElement
 3. Report the RasterGraphic
 4. Quit

1
INSERT A GRAPHIC ELEMENT
Please enter the GraphicElement filename: GraphicElement_1

This is the first GraphicElement in the list

MENU
 1. Insert a GraphicElement
 2. Delete a GraphicElement
 3. Report the RasterGraphic
 4. Quit

1
INSERT A GRAPHIC ELEMENT
Please enter the GraphicElement filename: GraphicElement_2
There are 1 GraphicElement(s) in the list. Please specify the position (<= 1) to insert at : 1

MENU
 1. Insert a GraphicElement
 2. Delete a GraphicElement
 3. Report the RasterGraphic
 4. Quit

1
INSERT A GRAPHIC ELEMENT
Please enter the GraphicElement filename: GraphicElement_3
There are 2 GraphicElement(s) in the list. Please specify the position (<= 2) to insert at : 1

MENU
 1. Insert a GraphicElement
 2. Delete a GraphicElement
 3. Report the RasterGraphic
 4. Quit

3
REPORT THE RASTER GRAPHIC
GraphicElement #0, time = 1 sec
Image file name = GraphicElement_1
GraphicElement #1, time = 2 sec
Image file name = GraphicElement_3
GraphicElement #2, time = 3 sec
Image file name = GraphicElement_2

MENU
 1. Insert a GraphicElement
 2. Delete a GraphicElement
 3. Report the RasterGraphic
 4. Quit

 2
```

```
MENU
 1. Insert a GraphicElement
 2. Delete a GraphicElement
 3. Report the RasterGraphic
 4. Quit

3
REPORT THE RASTER GRAPHIC
GraphicElement #0, time = 1 sec
Image file name = GraphicElement_3
GraphicElement #1, time = 2 sec
Image file name = GraphicElement_2

MENU
 1. Insert a GraphicElement
 2. Delete a GraphicElement
 3. Report the RasterGraphic
 4. Quit

2

MENU
 1. Insert a GraphicElement
 2. Delete a GraphicElement
 3. Report the RasterGraphic
 4. Quit

2

MENU
 1. Insert a GraphicElement
 2. Delete a GraphicElement
 3. Report the RasterGraphic
 4. Quit

3
No GraphicElements in the RasterGraphic
MENU
 1. Insert a GraphicElement
 2. Delete a GraphicElement
 3. Report the RasterGraphic
 4. Quit
```