We will show this using induction. For i(T) = 0, then e(T) = 2i(T) + 1 = 1. This is obviously true. For i(T) = 1, then e(T) = 2i(T) + 1 = 2 + 1 = 3. Again, this is obviously true from our problem definition. Now let us assume that the e(T) equation holds true for k' < k, i.e., for any i(T) = k' < k, e(T) = 2i(T) + 1.

Now consider i(T) = k. Then, e(T) = 2(k-1) + 1 + (3-1). That is, the number of external nodes is equal to the number of external nodes for a tree with k-1 internal nodes plus 3 (we added an internal node which must have 3 children) minus 1 (in creating the new internal node, we made an external node into an internal node). Thus, e(T) = 2k - 2 + 3 = 2k + 1. This is what we needed to show.