```javascript
1   // Get the element to insert the numbers into
2   var numbersList = document.getElementById("numbers");
3
4   // Use a for loop to iterate through the numbers 1 to 10
5   for (var i = 1; i <= 10; i++)
6   {
7     // Create a new list item element
8     var newListItem = document.createElement("li");
9
10    // Set the text content of the element to the current number
11    newListItem.textContent = i;
12
13    // Append the element to the numbers list
14    numbersList.appendChild(newListItem);
15  }
16
```