3.219 [08H]Prerequisites:[08F].Show that if $(X, \leq_X) \preceq (Y, \leq_Y)$ and also $(Y, \leq_Y) \preceq (X, \leq_X)$, then they are *equiordinate*.

Solution 1. [08J]

The relation $\preceq$ is therefore a total order between types of well-orderings.