To put all this right we can proceed as follows:

F60,200,Number,Numbers	and then use the sub-command 'S' repeatedly.
E10	then the sequence X ; RETURN RETURN
E30	then _____ K C 1 RETURN RETURN
F100,100,Size,Size-1	followed by the sub-command 'S'.
M110,95 110	followed by RETURN.
E190	then X DELETE RETURN RETURN
65 Noswaps : BOOLEAN;	
N10,10	to renumber in steps of 10.

You are strongly recommended to work through the above example
actually using the editor - you may find it a little cumbersome at first.if you have been used to
screen editors but it should not take long to adapt.