Given a natural number and a list of natural numbers, write a program to determine if every natural number up to the given number is an item in the list.

It seems to me that the best way depends on the length of the list and the size of the given natural. If the list isn't too long, the best way may be to sort the list, then look through the list. But if the list is very long and the natural is small enough, the best way may be to just look through the unsorted list.