

$E_l = \text{ESum}[\{\{1, i, j\}, \{s, m, n\}\}];$

$E_r = \text{ESum}[\{\{1, i, j\}, \{s, m, n\}\}, \{\{-1, i\}, \{-1, j\}, \{1, i^+\}, \{1, j^+\}\}];$

$\text{Simplify}[E_l == E_r]$