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3.

Reduce the undecidable first problem to the second problem

With G being an unrestricted grammar, there is a Turing machine M1 that recognizes G.   
We build a Turing machine M2 such that L(M2) = ∅  
Then if L(M1) ⊆ L(M2) is deciable then we can decide if L(G) = ∅