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Had planned a gun and bomb attacks in 2011 to college with both men were students prison inspectors are warning that the use of so-called legal highs is the biggest threat to safety and security in jails the chief inspector for England Wales Nick Hardwick who is about to leave his post has criticised the government for being slow to tackle the problem the prison services said it's using a range of robust measures to deal with it is our home affairs correspondent Danny Shaw legal highs were 1st identified as a significant problem in men's prisons two years ago since then they've spread to young offender institutions and female jails leading Nicole week to conclude the now represent the most serious threat to the security of the prison system use of legal highs of high and rising levels of violence and have been linked to at least 19 deaths Mr Hardwick said drug searches must be stepped up with evidence offenders on licence to deliberately breaking the terms of release to return to prison so they can smuggle legal highs in the thousands of pounds

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researchers estimate about 2000 cases of serious birth defects could have been avoided in the U.K. if the government had followed advice in 1998 to 45 fire with fairly guess I'd a new study concludes that the U.K. should follow the example of nearly 80 countries and head for the league s it to cereal grain and flour the department of health says it's considering the issue here is our health correspondent Dominic Hughes also known as neural tube defects in the brain spinal spinal cord can occur in unborn babies most of the measly determination stillbirth or very serious disability including spinal bifida folic acid which is naturally present in some food can provide protection but it's hard to consume enough victim purely natural sources said the Department of Health has been advising pregnant women to take folate acid supplement since 1992 in 1998 the authorities in the United States started adding folic acid to plough for bread and since then there has been a dramatic all in the number of cases