$$
\mathrm{f}(x)=\frac{1}{\sqrt{4 x^{2}+9}}
$$

(a) Using a substitution, that should be stated clearly, show that

$$
\int \mathrm{f}(x) \mathrm{d} x=A \sinh ^{-1}(B x)+c
$$

where $c$ is an arbitrary constant and $A$ and $B$ are constants to be found.
(b) Hence find, in exact form in terms of natural logarithms, the mean value of $\mathrm{f}(x)$ over the interval $[0,3]$.

