## 5.

$$
\mathrm{f}(x)=\frac{1}{\sqrt{x^{2}+2 x+10}}
$$

(a) Determine $\int \mathrm{f}(\mathrm{x}) \mathrm{d} \mathrm{x}$
(b) Hence show that the mean value of $\mathrm{f}(x)$ over the interval $[2,20]$ may be expressed in the form $a \ln (b+c \sqrt{2})$, where $a, b$ and $c$ are rational constants to be determined.

