Chapter 11, Solution 35.

$$V_{rms}^2 = \frac{1}{6}\left[\int_0^1 10^2\ dt + \int_1^2 20^2\ dt + \int_2^4 30^2\ dt + \int_4^5 20^2\ dt + \int_5^6 10^2\ dt\right]$$

$$V_{rms}^2 = \frac{1}{6}[100 + 400 + 1800 + 400 + 100] = 466.67$$

$$V_{rms} = \mathbf{21.6\ V}$$