$$4|\tilde{I}_{n}| = \int_{0}^{1} \frac{\chi^{n}}{\chi^{n}} = \int_{0}^{1} \frac{\chi^{n} - 1}{\chi^{n} + \alpha} = \int_{0}^{1} \frac{\chi^{n} - 1}$$

$$= \left[\frac{1}{n} - \alpha I_{n-1} \right] \left(I_{n-1} = \frac{1}{\alpha n} - \frac{I_n}{\alpha} \right)$$

2)
$$\bar{I}_0(a) = \int_0^1 \frac{1}{2(+n)} = en(x+a) \Big|_0^1 = en(x+a) - en(a) = en(\frac{11+a1}{1a1})$$