

$$\begin{aligned}
 (21) \quad \int_1^4 \int_1^2 \left(\frac{x}{y} + \frac{y}{x} \right) dy dx &= \int_1^4 \left[x \ln|y| + \frac{y^2}{2x} \right]_1^2 dx \\
 &= \int_1^4 x \ln 2 + \frac{2}{x} - 0 - \frac{1}{2x} dx = \int_1^4 x \ln 2 + \frac{3}{2x} dx \\
 &= \left[\frac{\ln 2}{2} x^2 + \frac{3}{2} \ln|x| \right]_1^4 = \frac{16 \ln 2}{2} + \frac{3}{2} \ln|4| - \frac{\ln 2}{2} + 0 \\
 &= 8 \ln|2| + 3 \ln|2| - \frac{1}{2} \ln|2| \\
 &= \boxed{\frac{21}{2} \ln(2)}
 \end{aligned}$$

$$\begin{aligned}
 (25) \quad \int_0^1 \int_0^1 v (u+v^2)^4 du dv &\quad a = v^2 \\
 &\quad da = 2v dv \\
 &\quad \frac{1}{2} da = v dv \\
 \int_0^1 \frac{1}{2} \int_0^1 (u+a)^4 du da &\quad \frac{1}{2} \int_0^1 \left[\frac{1}{5} (u+a)^5 \Big|_0^1 \right] da = \int_0^1 \frac{1}{10} ((1+a)^5 - a^5) da \\
 &\quad \frac{1}{10} \int_0^1 ((1+a)^5 - a^5) da \\
 &\quad \frac{1}{10} \left[\frac{1}{6} (1+a)^6 - \frac{1}{6} a^6 \right]_0^1 \\
 &\quad \frac{1}{60} (2^6 - 1 - 1 - 0) \\
 &\quad \frac{1}{60} (2^6 - 2) = \frac{2^5 - 1}{30} = \frac{32-1}{30} \\
 &= \boxed{\frac{31}{30}}
 \end{aligned}$$