1. Suppse that $\int_1^3 f(x)dx = 3$ and $\int_1^3 g(x)dx = 1$. Find the value of the definite integral $\int_1^3 \left[f(x) + 2g(x) + 1\right] dx$.

2. Use the midpoint rule with n=4 to approximate the value of the definite integral $\int_{-4}^{4} \frac{1}{1+x^2} dx$.