

74. Since  $\sqrt{5 - 2x^2} \leq f(x) \leq \sqrt{5 - x^2}$  for  $-1 \leq x \leq 1$ , and  $\lim_{x \rightarrow 0} \sqrt{5 - 2x^2} = \lim_{x \rightarrow 0} \sqrt{5 - x^2} = \sqrt{5}$ , we have  $\lim_{x \rightarrow 0} f(x) = \sqrt{5}$  by the squeeze theorem.