$$h_{i+1} = (H_i + H_{i+1})/2$$
 $h_i = (H_{i-1} + H_i)/2$
 $S_{i+1} = S_i$
 $l_{i+1}H_{i+1}$
 $S_{i-1} = S_i = l_iH_i$
 H_{i-1}
 H_i