

Multiply both sides by 2:  $2 \cdot V = 2 \cdot \frac{1}{2}lwh$

Simplify:  $2V = lwh$

Divide both sides by  $lw$ :  $\frac{2V}{lw} = \frac{lwh}{lw}$

Simplify:  $\frac{2V}{lw} = h$