1. What was the name of the lake that occurred at the end of the Helmand thousands of years ago?

2. Why did this big lake dry up so much since thousands of years ago?

3. When the lake dried up the sediment originally brought down by the Helmand River and deposited in the Helmand delta in the old lake was remobilized by what process?

4. What kinds of landforms were produced by this process?

5. When recently did the lower Helmand dry up completely for a time?

6. Although the Helmand River water is essential for irrigation in Afghanistan, what two processes produce environmental damages in the process of the agriculture?

7. In very wet years, what is the course of the Helmand River water in its lowermost parts?