

# Contents

List of Illustrations	vi
Editors' Foreword	ix
William B. Trousdale and Mitchell Allen	
Notes on Translation and Transliteration	xvi
William B. Trousdale	
About the Author	xviii
Babrak Amiri	
About the Editors	xx
Preface	xxi
Introduction	1
Chapter 1: History of Sistan	7
Chapter 2: Geography of the Helmand Basin	21
Chapter 3: Agricultural and Pastoral Production	37
Chapter 4: Crafts, Trade, and Travel	83
Chapter 5: Labor and Family Relationships	131
Chapter 6: Education, Health, Religion, and Cultural Norms	159
Conclusions	189
Afterword: <i>The Helmand Baluch</i> and Native Ethnography	197
Mitchell Allen	
Appendix A: Tribes of the Lower Helmand Valley	216
Appendix B: Climate Data from Zaranj and Deshu Meteorological Station	218
Appendix C: Monthly Water Flows at Charburjak Station	220
Glossary	221
References	227
Index	233