Answering the 1st question:

Varying B over some reasonable ranges of values, here is a table of the results:

Buffer Size	Average Queueing Delay	Packet Loss
1	0.0010	689509
10	0.0078	335675
20	0.0113	159391
100	0.0199	9104

The suggest value of B that provides a good trade-off is 20.