

Re: repeated mail

Source:

http://www.tech-archive.net/Archive/Windows/microsoft.public.windows.inetexplorer.ie6_outlookexpress/2004-08/4

From: Michael Santovec (*michael_santovec_at_REMOVEprodigy.net*)

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If you never complete downloading all the existing e-mail messages from a POP3 mail server, the next time it will start over from the beginning and send the messages that you may already have. This is by design of the POP3 mail protocol. As a fail safe, the server always assumes on a lost connection that the mail client crashed and lost all messages from that download.

Some possible causes of problems downloading mail messages:

– You may have a very large message to download, or one that is causing problems for your mail program. You may be able to use Telnet to look at your server mail box and optionally get rid of any problem message. You can find these Telnet instructions at http://pages.prodigy.net/michael_santovec/pop3telnet.htm
Or your mail service may offer a web interface that would allow you to delete the problem message. If not, you might be able to use <http://www.mailstart.com> for this function (if your ISP allows outside access to their POP3 mail server).

– The POP3UIDL.DAT (IMN or OE4) or POP3UIDL.DBX (OE5+) file may be corrupted. This is used to track previously downloaded messages when you leave messages on a POP3 server (Tools, Accounts, Mail, Properties, Advanced). However, the file gets updated even if you aren't leaving messages on the server. Delete the file with Outlook Express or Internet Mail closed. (On Win2000 you need enable the display of Hidden or System files in the folder options and XP you need to use the advanced options to find Hidden or System files.) The next time all mail on the server will be downloaded. But after that the file should function correctly again.

– The POP3 mail server is having problems.

– Anti-virus program scanning e-mail as it downloads. Increasing the Server Timeout at Tools, Accounts, Mail, Properties, Advanced might help. Or you may need to disable the anti-virus software from scanning e-mail.

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Mike - http://pages.prodigy.net/michael_santovec/techhelp.htm

"katie" <nospam@atnospam.com> wrote in message

news:JjQWc.102\$W8.41@newsfe6-gui.ntli.net...

> Can anyone help me with this problem. I had 575 messages in my inbox as I am
> just back from holiday ,but when I downloaded them,mostly Spam,I then
> checked later for any mail coming in today and what is happening now is I am
> still getting all the mail that I deleted. I have done this a few times now

microsoft.public.windows.inetexplorer.ie6_outlookexpress: Re: repeated mail

> I have about 5 of the same mail again,it just wont stop downloading them,can
> anyone help me with this. thank-you.
>
> kathy
>
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