

# Re: Incremental Manual Backup/Copy of Outlook Express Messages Folder

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*Source:*

[http://www.tech-archive.net/Archive/Windows/microsoft.public.windows.inetexplorer.ie6\\_outlookexpress/2008-07/m](http://www.tech-archive.net/Archive/Windows/microsoft.public.windows.inetexplorer.ie6_outlookexpress/2008-07/m)

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- *From:* "Richard in AZ" <[me@xxxxxxxxxxxxxxx](mailto:me@xxxxxxxxxxxxxxx)>
  - *Date:* Thu, 17 Jul 2008 08:00:23 -0700
- 

You don't understand the file structure of OE.

Your entire INBOX (all the messages) is a single file (inbox.dbx).

When you add or delete messages, this one file changes size, but there is no "new" file that an incremental backup could identify.

Note that when you delete a message (in any folder), the size of that folder's dbx file does not change. You have to compact the folder dbx file to get back the "byte" space that was used by the deleted message.

Recommend you look at buying DBXtract and use this program to backup all of your OE folders daily.

At the end of each backup, delete all the messages in OE.

(If you don't delete messages from OE, you will get them copied again to your backup)

Then use the backups as message history.

"Alan C. Brown" <[acbrow@xxxxxxxx](mailto:acbrow@xxxxxxxx)> wrote in message

[news:uR24Mi85IHA.1592@xxxxxxxxxxxxxxxxxxxxxxxxxxxx](mailto:news:uR24Mi85IHA.1592@xxxxxxxxxxxxxxxxxxxxxxxxxxxx)

| Thank you for your reply, and all the useful suggestions & info.

| I use the "backup" OE to restore all the OE messages, after re-installing Win

| XP Pro, as I have recently done on both of my 2 laptops, by simply copying

| the the backup OE messages folder to C:\Documents & Settings\My

| >>Name\Local Settings\Application Data\Identities\{

| >>alpha-numeric}\Microsoft\Outlook Express

| It works.

| It takes 2 – 3 minutes to "backup/copy" the OE messages folder, which

| admittedly is not that long, but if I can just copy any modified &/or new

| dbx to the OE messages backup folder, it would just take a few seconds.

| The info on importing and exporting the Address book and OE Messages folder

| will certainly make life easier.

| I'm afraid I backup to an external hard drive, and not to a CD-RW, which is

| probably not the best practice.

| Will take a look at Outlook Express Quick Backup (OEQB).

| Will implement the general OE precautions ASAP.

Re: Incremental Manual Backup/Copy of Outlook Express Messages Folder

| Alan C. Brown

| -----  
| "Bruce Hagen" <Nosspam@xxxxxxxxxxxxxxxx> wrote in message

| [news:uTBh7z05IHA.5108@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxx](mailto:news:uTBh7z05IHA.5108@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxx)

| > You could save individual dbx files, but it is a pain to put them back in

| > OE if needed.

| >

| > I don't know why it should take a long time to copy the store folder. All

| > you need to do is Right Click & Send To a location of your choice.

| >

| > ~~~~

| >

| > Old fashioned, simple way, to backup the Address Book and Messages only.

| >

| > Open the Address Book in the old identity and File | Export to any place

| > on your HDD that is convenient for you. My Documents is fine.

| >

| > To restore, open the Address Book and File | Import and point to where you

| > saved it. To be extra safe, copy it to CD also.

| >

| > For messages:

| >

| > Right click on the Outlook Express folder, (Message Store), and Send To |

| > My Documents. Copy this to CD also as an extra precaution.

| >

| > To restore if necessary, in OE: File | Import | Messages. Select Microsoft

| > Outlook Express 6 and Import from an OE6 Store Directory and point to

| > where you saved it.

| >

| > If you use a CDRW, you can erase it and backup again using the same CD

| > every week or when you feel it necessary.

| >

| > ~~~~~

| >

| > But since this is a backup for emergency reasons, why not this?

| >

| > This freeware tool backs up everything in OE in seconds. Disregard what is

| > written in red. That is referring to a different program.

| >

| > Outlook Express Quick Backup (OEQB):

| > <http://www.oehelp.com/OEBackup/Default.aspx>

| >

| > ~~~~~

| >

| > OT perhaps, but since you mention the large size of the message store. The

| > store folder itself can get very large and that is not necessarily a

| > problem, but be careful of individual folders.

| >

| > General precautions for Outlook Express:

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|>  
|> Do not archive mail in default OE folders. They will eventually become  
|> corrupt. Create your own user defined folders for storing mail and move  
|> your mail to them. Empty Deleted Items folder regularly. Keep user created  
|> folders under 100MB, and Default folders as empty as is feasible.  
|>  
|> After you are done, follow up by compacting your folders manually while  
|> working \*offline\* and do it often.  
|>  
|> Click on Outlook Express at the top of the folder tree so no folders are  
|> open. Then: File | Work Offline (or double click Working Online in the  
|> Status Bar). File | Folder | Compact all folders. Don't touch anything  
|> until the compacting is completed.  
|>  
|> Turn off e-mail scanning in your anti-virus program. It is a redundant  
|> layer of protection that eats up CPUs and causes a multitude of problems  
|> such as time-outs and account setting changes. Your up-to-date A/V program  
|> will continue to protect you sufficiently. For more, see:  
|> <http://www.oehelp.com/OETips.aspx#3>  
|>  
|> In Tools | Options | Maintenance: Uncheck Compact messages in background  
|> and leave it unchecked. {N/A if running XP/SP2}.  
|> --  
|> Bruce Hagen  
|> MS-MVP Outlook Express  
|> Imperial Beach, CA  
|>  
|>  
|> "Alan C. Brown" <acbrown@xxxxxxxx> wrote in message  
|> [news:ekx4Cwx5IHA.5052@xxxxxxxxxxxxxxxxxxxxxxxxxxxx](mailto:news:ekx4Cwx5IHA.5052@xxxxxxxxxxxxxxxxxxxxxxxxxxxx)  
|>>I normally do a manual backup of the OE messages folder, by simply copying  
|>>the Outlook Express Folder (messages folder) in C:\Documents & Settings\My  
|>>Name\Local Settings\Application Data\Identities\{  
|>>alpha-numeric}\Microsoft\Outlook Express, but it's a big, big folder, so  
|>>takes quite some time to copy.  
|>>  
|>> To save time, could I simply copy the dbx files in the OE messages folder  
|>> that have changed since the previous backup, to the previous backup copy  
|>> of the OE messages folder, that is effectively giving me an incremental  
|>> backup?  
|>>  
|>> Alan C. Brown  
|>>  
|>  
|  
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