

1 on personal experience,
ive approaches can help
e 80 to 90 per cent of
anted e-mails.

option offered by some
ns is the ability to
verification of any mes-
ning from a sender who
n the recipient's address
he program sends back
ail to such senders ask-
n to confirm that they
he original message.
such a confirmatory
s received, the original
is flagged as spam and
vered. This step, which
eds to be done once per
is effective because most
messages are sent with
or non-existent return
s or by automated sys-
hich cannot respond to
quests.

important rule to follow
: e-mail is to delete such
s without opening them.
o means turning off any
ic preview functionality
d by e-mail programs
Outlook.

ck used by many spam-
to send their messages in
embedded codes (called
gs) that "call home" when
age is viewed. This tech-
used to tell the spammer
e-mail address is valid and
used again (or sold).
: 2003, which was just
released, has been updated
such code.

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