

【CN】 Day17

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☰ Materials	Mail Message Formats
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【Ch2】 Application Layer

2.3.3 Mail Message Formats

When an email message is sent from one person to another, **a header containing peripheral information precedes the body of the message itself**. This peripheral information is contained in a series of header lines, which are defined in [RFC 5322](#).

The header lines and the body of the message are separated by a blank line.

Each header line contains readable text, **consisting of a keyword followed by a colon followed by a value**. Some keywords are required and others are optional.

Every header must have a **From:** header line and a **To:** header line; a header may include a **Subject:** header line as well as other optional header lines.

A typical message header looks like this:

```
From: alice@crepes.fr
To: bob@hamburger.edu
Subject: Searching for the meaning of life.
```

There is still one missing piece to the puzzle. *How does a recipient like Bob obtain his messages, which are sitting in a mail server within Bob's ISP?*

Note that Bob's user agent cannot use SMTP to obtain the messages because obtaining the message is a pull operation, whereas SMTP is a push protocol.

There are currently a number of popular mail access protocols, including [Post Office Protocol-Version 3\(POP 3\)](#), [Internet Mail Access Protocol\(IMAP\)](#), and HTTP.

POP3

POP3 begins when the user agent opens a TCP connection to the mail server on port 110.

With the TCP connection established, POP3 progresses through three phases: authorization, transaction, and update.

1. During the first phase, [authorization](#), the user agent sends a username and a password to [authenticate the user](#).
2. During the second phase, [transaction](#), the user agent [retrieves messages](#); also during this phase, the user agent can [mark messages for deletion, remove deletion marks, and obtain mail statistics](#)
3. The third phase, [update](#), occurs after the client has issued the quite command, ending the POP3 session. At this time, the mail server [deletes the messages that were marked for deletion](#).