```python
fname = input("Enter a file name: ")
fh = open(fname)
counts = dict()
for line in fh:
    line = line.rstrip()
    if not line.startswith("From "):
        continue
    parts = line.split()
    email = parts[1]
    counts[email] = counts.get(email, 0) + 1
bigcount = None
bigemail = None
for email, count in counts.items():
    if bigcount is None or count > bigcount:
        bigemail = email
        bigcount = count
print(bigemail, bigcount)
```