With no http method specified, the form method defaults to GET. The GET method appends input data as visible parameters to the URL, which can be saved in browser history, can be bookmarked and cached. Also the length of URLs is limited and only ASCII chars are allowed. This isn't secure as sensible data can be seen by everyone in the URL and data is exposed to restrictions by the http protocol.

With the POST method, data will be stored in the http request body and isn't saved in the browser. In addition to a SSL connection, data will be sent in a more secure way. It is also always safer to sanitize any POST or GET data with htmlspecialchars() to prevent the injection of malicous code.

```
*/
function loginUser($email, $password) {
 if ($password === 'test.pass') {
   echo 'You are now logged in.';
  } else { echo 'Wrong password'; }
if ($_POST['submit']) {
  //update here
  loginUser(htmlspecialchars($ POST['email']), htmlspecialchars($ POST
['password']));
} else {
<!-- update method here -->
<form method="post">
 <label>Email: <input type="email" name="email" /></label>
  <label>Password: <input type="password" name="password" /></label>
 <input type="submit" name="submit" />
<?php
} ?>
```