```java
import java.sql.*;

import java.util.Scanner;


public class Login {

  private Connection conn;


  public Login(Connection conn) {

    this.conn = conn;

  }


  public int loginUser() {

    Scanner sc = new Scanner(System.in);

    System.out.print("Enter email: ");

    String email = sc.nextLine();

    System.out.print("Enter password: ");

    String password = sc.nextLine();


    try {

      String query = "SELECT * FROM users WHERE email=? AND password=?";

      PreparedStatement ps = conn.prepareStatement(query);

      ps.setString(1, email);

      ps.setString(2, password); // For simplicity; can use hashed password

      ResultSet rs = ps.executeQuery();


      if(rs.next()) {
```

```java
                System.out.println("Login successful!");

                return rs.getInt("id");

            } else {

                System.out.println("Invalid credentials!");

                return -1;

            }

        } catch(Exception e){

            e.printStackTrace();

            return -1;

        }

    }

}
```