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It is an ancient name, attested already in the first century AD, usually in the Latinised form Londinium; for example, handwritten Roman tablets recovered in the city originating from AD 65/70-80 include the word Londinio ("in London").. Over the years, the name has attracted many mythicising explanations.

London - Wikipedia

The Middle Ages was dominated by Galenism. A good example was the Galenic handbook "The Castel of Helthe" (1541) by Sir Thomas Elyot (1490-1546) who praised "moderate lvinge" and warns readers to avoid extremes in eating, drinking and sleeping as well as "immoderate" "affectes and passions" harmful to both physical and spiritual well being.

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C. S. Lewis - Wikiquote

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