Roman Britain refers to those parts of the island of Great Britain controlled by the Roman Empire between 43 and 410. The Romans referred to their province as Britannia. He marked that the population was exceedingly large, the ground studded with homesteads. It shows how much food there was on the island that 2 legions could live for a fortnight off the cornfields close to their camp. Archaeology has shown that some Roman forts south of the Forth-Clyde isthmus were rebuilt and enlarged, although others appear to have been abandoned. Roman coins and pottery are found circulating at native settlement sites in what are now the Scottish lowlands in the years before 100, indicating growing Romanisation. After the Roman legions left Britain the Celts remained independent but not for long. From the middle of the 5th century they had to defend the country against the attacks of Germanic tribes from the Continent. In the 5th century, first the Jutes and then other Germanic tribes, the Saxons and the Angles began to migrate to Britain. Besides, the spread of Christianity was of great importance for the growth of culture in Britain. The Roman monks who were converting the Anglo-Saxons to Christianity helped to spread Roman culture in the country again. The Roman monks brought many books to Britain.