In the 19th century, Johann Florian Heller (1813-1871) (Figure 1) and Stanley Rossiter Benedict (1884-1936) invented a test to detect the urinary sugar (Figure 2), while Claude Bernard (1813-1878) (Figure 3) postulated the liver involvement in the glucose metabolism and, through a puncture of the 4th ventricle, demonstrated that diabetes could be artificially induced. Some years later, Oscar Minkowski (1858-1931) (Figure 4) postulated the pancreatic intervention in the maintenance of the glycaemic homoeostasis, showing that pancreatectomy caused diabetes in dogs. Sir William Osler (1849–1919) (Figure 5) dedicated a chapter of his famous textbook The Principles and Practice of Medicine (1892) to Diabetes, discussing its aetiopathogenesis, anatomical changes, symptoms, diagnosis and suggested a treatment based on the restriction of saccharine and starchy food consumption, personal hygiene, moderate exercise.