We, the Peoples of the United Nations,

1. Considering that ignorance and contempt of human rights have been among the principal causes of the sufferings of humanity and, in particular, of the massacres which have polluted the World during the World Wars; and

2. Whereas there can be no peace unless human rights and freedoms are respected; and there can be no human freedom or dignity unless the war and the threat of war is abolished; and

3. Whereas the institution of conditions wherein human beings, free to speak and believe, will be protected against fear and want has been proclaimed as the supreme aim of the recent strife; and

4. Whereas, in the Charter of June 26th, 1945, we have reaffirmed our faith in fundamental human rights, in the dignity and worth of the human person and in equality of the rights of men and women; and

5. Whereas it is one of the purposes of the United Nations to achieve international cooperation in promoting and encouraging respect for human rights and fundamental freedoms for all without distinction as to race, sex, language or religion; and

6. Whereas the enjoyment of such rights and freedoms by all persons must be protected by the Commonwealth of Nations and secured by international as well as national laws;

Now, therefore, we the Peoples of the United Nations have resolved to define in a solemn Declaration the essential rights and fundamental freedoms of man, so that this Declaration, being for ever present to the minds of all members of the human community, may constantly remind them of their rights and duties and that the United Nations