

290 (IV). Essentials of peace

The General Assembly

1. *Declares* that the Charter of the United Nations, the most solemn pact of peace in history, lays down basic principles necessary for an enduring peace; that disregard of these principles is primarily responsible for the continuance of international tension; and that it is urgently necessary for all Members to act in accordance with these principles in the spirit of co-operation on which the United Nations was founded;

Calls upon every nation

2. *To refrain* from threatening or using force contrary to the Charter;

3. *To refrain* from any threats or acts, direct or indirect, aimed at impairing the freedom, independence or integrity of any State, or at fomenting civil strife and subverting the will of the people in any State;

4. *To carry out* in good faith its international agreements;

5. *To afford* all United Nations bodies full co-operation and free access in the performance of the tasks assigned to them under the Charter;

6. *To promote*, in recognition of the paramount importance of preserving the dignity and worth of the human person, full freedom for the peaceful expression of political opposition, full opportunity for the exercise of religious freedom and full respect for all the other fundamental rights expressed in the Universal Declaration of Human Rights;

7. *To promote* nationally and through international co-operation, efforts to achieve and sustain higher standards of living for all peoples;

8. *To remove* the barriers which deny to peoples the free exchange of information and ideas essential to international understanding and peace;

Calls upon every Member

9. *To participate* fully in all the work of the United Nations;

Calls upon the five permanent members of the Security Council

10. *To broaden* progressively their co-operation and to exercise restraint in the use of the veto in order to make the Security Council a more effective instrument for maintaining peace;

Calls upon every nation

11. *To settle* international disputes by peaceful means and to co-operate in supporting United Nations efforts to resolve outstanding problems;

12. *To co-operate* to attain the effective international regulation of conventional armaments; and

13. *To agree* to the exercise of national sovereignty jointly with other nations to the extent necessary to attain international control of atomic energy which would make effective the prohibition of atomic weapons and assure the use of atomic energy for peaceful purposes only.

*261st plenary meeting,
1 December 1949.*