East versus West in the Cold War

	East	West
Government	A one-party state – only the Communist Party is allowed. In theory, the country is run by elected councils called Soviets. But all members of the Soviets are Communists, so the country is really run by the Party.	A democratic state. Many parties are allowed to stand in elections. The leader of the party which wins an election becomes the head of the government.
Human rights	Strict limits on many human and civil rights e.g. limits on free speech, travel, worship etc. Dissidents (people who try to break those limits) risk imprisonment.	Fewer limits on human and civil rights than in the East, and some rights are guaranteed by law. (But until the 1960s many rights were denied to black Americans.)
Social	Average living standards lower than in the West. Wealth more evenly distributed, so fewer people are either rich or poor.	Average living standards higher than in the East. Wealth distributed unevenly, so there are more poor people than in the East.
Economic	A government-run economy: factories, farms, mines, shops, etc. are publicly owned. Profits used for the public good.	A free-market economy: farms, factories, mines, shops, etc. are privately owned. Profits go to the company.
Cultural	The media are owned and run by the government. Newspapers, books, radio, films, TV are strictly censored.	The media are owned by private companies and individuals. Newspapers, books, radio, TV and films are rarely censored