注：one/ones代替前文出现过的名词，非特指，相当于“a/an+名词单数”或“名词复数”

Tourist attractions in Beijing are all very famous. One that catches the most attention is the Great Wall.

that/those代替前文出现过的名词，特指，相当于“定冠词+名词”

The weather in Beijing is different from that in Shanghai.

The weather in Beijing is different from the weather in Shanghai.

The weather in Beijing is different from the one in Shanghai.