

= One of Us (Lost) =

" One of Us " is the 16th episode of the third season of Lost . It aired on April 11 , 2007 , making it the 65th episode of the series . The episode was written by Carlton Cuse and Drew Goddard and directed by Jack Bender . The title of the episode is not only a reference to the season two episode titled " One of Them " , it is also a major theme of the episode , as Jack tries to convince the other flight survivors that Juliet is " one of us " , rather than an Other .

The character of Dr. Juliet Burke (Elizabeth Mitchell) is featured in the episode 's flashbacks , which reveal how Juliet got on the Island and why she went to the island in the first place . While on the island , Jack Shephard (Matthew Fox) , Kate Austen (Evangeline Lilly) , Sayid Jarrah (Naveen Andrews) and Juliet trek back to the beach camp , and Claire Littleton (Emilie de Ravin) is struck by a mysterious illness . Andrew Divoff , William Mapother and Nestor Carbonell again reprise their recurring roles as Others ; Mikhail Bakunin , Ethan Rom and Richard Alpert . The Island events in this episode take place between December 13 and December 15 , 2004 .

= = Plot = =

= = = Flashbacks = = =

Juliet arrives at an airport with her sister , where Richard Alpert and Ethan Rom are there to escort her the rest of the way . Juliet says good @-@ bye to her sister , Rachel , promising to be back before her baby is born . In the airport terminal , Alpert pours sedative into a glass of orange juice and gives it to Juliet to drink , explaining that the trip is very intense . Juliet is wary of drinking the juice , even though she is okay with the other circumstances surrounding the trip . Alpert interrupts and tells her the place she is going is very special and that she has a gift with which she is supposed to do something significant . Juliet drinks the orange juice and passes out . She wakes up in a submarine with her arms and waist strapped down for safety .

She then moves out onto a dock , where she meets Ben Linus . Juliet is shown operating with Ethan and Goodwin (Brett Cullen) on a pregnant patient , Sabine , who dies ; she is comforted by Goodwin . Juliet meets with Ben , and explains her theory that the problems with pregnant women happen at conception . She wants to test this theory by having a woman conceive off the island , but Ben refuses to let anyone off the island . When Juliet tells him that nothing else can be done and asks to go home and be with her sister , Ben informs Juliet that her sister 's cancer has come back . He offers her a choice : either Juliet can go home and be with her sister as she dies , or she can stay and he will have Jacob cure her sister 's cancer .

Juliet is in bed after sleeping with Goodwin . Afterwards , she is given x @-@ rays of Ben 's back , and when she determines that Ben has a tumor , she confronts him and accuses him of lying about Rachel . He denies lying to her and refuses to let her go home . The next day , immediately after Flight 815 crashes , Ben takes Juliet to the Flame Station to see Mikhail . Ben tells Mikhail that he wants information on all of the passengers of the plane , then asks him to bring up a live feed . On the screen a newspaper is shown with the current date , September 22 , 2004 , followed by a shot of Rachel playing with her child (Rachel named her son Julian , presumably after Juliet) in a playground , and Ben explains that her cancer is in complete remission . The final flashback shows Juliet and Ben discussing their plans immediately before the events of " Left Behind " . Ben tells her to handcuff herself to Kate and say she was left behind . She is also told that Claire 's " implant " has been " activated " and that this will make Claire ill . Juliet is to use drugs left at the drop point to cure her and earn the trust of the survivors ; Ben gives her a gas mask and leaves . While setting up her shelter , Juliet looks around the camp and ties a final double knot as Jack smiles at her .

= = = On the Island = = =

Jack Shephard , Kate Austen , Sayid Jarrah and Juliet Burke move back to the beach camp . As

they stop for the night , Jack explains to Kate the deal he made with Ben Linus (Michael Emerson) . Sayid attempts to interrogate Juliet , but Jack intervenes and defends her . At the beach camp , Charlie Pace (Dominic Monaghan) hears Claire Littleton 's baby , Aaron , crying and wakes up Claire . Claire says she is not feeling well , so Charlie offers to take care of Aaron . James " Sawyer " Ford (Josh Holloway) sees Jack , Kate , and Sayid returning . Though happy about their return , he expresses his displeasure at seeing Juliet .

Hugo " Hurley " Reyes (Jorge Garcia) engages Juliet in casual conversation . Juliet guesses that Hurley was sent to keep an eye on her . He tells her the last Other who came over , Ethan , was killed and buried nearby .

That night , Jack tells everyone that he trusts Juliet and that should be enough , but Sayid disagrees . Jack continues to explain that John Locke blew up the submarine that was to take him home . Claire suddenly collapses with blood gushing from her face . Juliet takes Jack and Kate aside and tells them she knows what 's wrong with Claire because she did it to her . At the camp , Juliet explains that Claire 's immune system has turned against her due to a latent reaction to medication in her bloodstream . The medication was designed by Juliet to keep Claire alive during her pregnancy . She was brought to the island to find out why women couldn 't have children . The mother 's body treats the pregnancy as a foreign invader and the immune system attacks ; every pregnant woman on the island has died . Claire was the first to survive even though she showed some of the symptoms .

Juliet explains that Ethan kept a stash of the serum at a nearby drop point . She goes out into the jungle and retrieves the serum , but Sayid and Sawyer have followed her , and they want answers . Juliet tells them there is no time , and realizing they are not going to budge , she stands up to them and says she finds it interesting that they are the camp 's moral police , considering their violent pasts . She takes the serum back to the beach and gives it to Jack . He warns her that if anything happens to Claire , he will not be able to protect her against the will of the survivors any longer and she would be alone , to which Juliet states that she already is . At the camp , Claire wakes up . She is feeling and looking much better . Juliet is now on the path to being trusted by the survivors . Jack brings her supplies to set up her tent area and tells her eventually everyone will need answers . Juliet asks why Jack trusts her and does not ask for answers . He says because when the submarine exploded , he saw in her eyes that she wanted to get off this island more than anything . That makes her " one of us . "

= = Production = =

" One of Us " was the nineteenth episode directed by Jack Bender . It was written by Carlton Cuse and Drew Goddard ; the pair had never before collaborated on an episode .

As usual , the scenes on the beach (the survivors camp) were shot at Oahu 's Papa 'iloa Beach , while the island scenes were actually filmed at the Waialua Mauka Ranches . The Mittelos secure building exterior scenes were shot at the Honolulu Advertiser Production and Distribution Building . Most of the scenes displaying the Others ' camp were shot at the Hawaii Film Studio , with the exception of the barracks which were filmed at YMCA Camp Erdman . The inside of the submarine was filmed inside the SS @-@ 287 which is located at the USS Arizona Memorial . Once again , the song " Downtown " by Petula Clark was used in flashbacks ; it was already used in the earlier episode " A Tale of Two Cities " .

= = Reception = =

" One of Us " was watched by 12 @.@ 09 million Americans , ranking Lost as the twentieth most watched program of the week . Lost defeated CBS ' CSI : NY by 53 % among adults 18 @-@ 49 , the largest ever margin of victory for Lost over CSI : NY in original episodes . The ratings were also an increase over the previous episode , and improved the timeslot by 5 @.@ 7 million viewers over the same night last year . Lost was the fifth most watched program for the week in the key adults 18 @-@ 49 demographic , achieving 5 @.@ 2 million viewers . In the United Kingdom , the episode

attracted 1 @. @ 09 million viewers , and was the second most watched program of the week on the non @- @ terrestrial channels , beaten only by Live FA Cup Football .

Reviewer Chris Carabott of IGN rated the episode with an 8 @. @ 7 out of 10 , commenting that " One of Us " was " yet another solid effort from long @- @ time Lost director Jack Bender who deserves credit for bringing us some of the best episodes the series has to offer . Bender has helmed " Walkabout " , " Man of Science , Man of Faith " and this season 's best " The Man from Tallahassee " just to name a few " . BuddyTV senior writer Jon Lachonis commented that " One of Us " was " perhaps the most perfect episode of Lost ever produced , bar none . For those of you who were upset with how inelegantly " Exposé " squandered its flashback opportunities , prepare for a huge apology from the producers . For those Lost fans who stuck around knowing that the show would obtain that mythical level of greatness that seemed to come so natural , here is your pay @- @ off . " In this same review , he complimented Elizabeth Mitchell on her portrayal of Juliet .

Mitchell submitted this episode for consideration for Outstanding Supporting Actress in a Drama Series at the 59th Primetime Emmy Awards .