

= Every Man for Himself (Lost) =

" Every Man for Himself " is the fourth episode of the third season of Lost , making it the 53rd episode of the series . It aired on October 25 , 2006 , on ABC , and was written by Edward Kitsis and Adam Horowitz and directed by Stephen Williams . The character of Sawyer (Josh Holloway) is featured in the episode 's flashbacks ; on the island , his rebellious attitude causes Ben Linus (Michael Emerson) and the Others to conjure a plan to keep him in check .

The episode was intended to show how Ben was a character that could manipulate even the best confidence man on the island , and if Sawyer could care for another person , as Kate Austen (Evangeline Lilly) is making her attempts to escape captivity . When the episode first aired , it was watched by 17 @. @ 087 million American viewers . Reviews were positive , praising the writing and the cliffhanger ending .

= = Plot = =

= = = Flashbacks = = =

Sawyer is in prison , trying to befriend Munson (Ian Gomez) , a man who has hidden ten million dollars . He warns Munson that the warden (Bill Duke) is trying to con him out of his money . Eventually , Munson , worried that his wife will find where he has hidden the money , enlists Sawyer 's help in moving the stash . Sawyer then reveals this information to the warden , in exchange for a reduced sentence and a part of the money , which he puts in a bank account for Clementine Phillips , a baby that previous con victim Cassidy Phillips (Kim Dickens) has told him is his daughter . The warden sarcastically congratulates Sawyer on lying and cheating his way out of prison .

= = = At Hydra Island = = =

As Kate Austen (Evangeline Lilly) and Sawyer watch , the Others carry a critically injured Colleen (Paula Malcomson) , who was shot by Sun @-@ Hwa Kwon (Yunjin Kim) the night before . Sawyer realizes that the injury was inflicted by someone back at camp , and then devises a plan to break out from the cage ; he intends to electrocute an off @-@ guard Danny Pickett (Michael Bowen) using a puddle he created outside his cage . However , Ben Linus (Michael Emerson) overhears him via surveillance and switches off the electricity prior to visiting him . When Sawyer attempts to carry out his plan , Ben knocks him unconscious and has him carried into the Hydra station .

Sawyer wakes up to find himself strapped to a table , where Ben , Tom (M. C. Gainey) and two other Others watch over him . Sawyer is gagged before inserting a large hypodermic needle into his chest . When Sawyer awakens , Ben enters , carrying a rabbit in a cage ; he shakes the cage vigorously , causing the rabbit to suddenly collapse , presumably dead . Ben informs Sawyer that they fitted him , like the rabbit , with a modified pacemaker ; should his heart rate reach 140 , his heart would explode . Ben threatens to implant one in Kate if Sawyer should tell her of his ordeal .

Meanwhile , Juliet Burke (Elizabeth Mitchell) begs Jack Shephard (Matthew Fox) to help operate on Colleen . Upon arriving at the operating theatre , Jack notices some x @-@ rays , but Juliet informs him that they are not Colleen 's . During the surgery , Jack tries to save Colleen , but she eventually dies . Later , Jack informs Juliet that there was nothing they could do with Colleen , and then asks about the x @-@ rays , which Jack knows belong to a 40 @-@ year @-@ old man with a spinal tumor , and asks who he is there to save .

Danny , aware that the Oceanic Flight 815 survivors are responsible , takes his anger out on Sawyer by violently beating him ; Sawyer refrains from fighting back . Kate pleads with him to stop ; Danny ceases only after Kate admits to loving Sawyer . Afterwards , Kate notices a gap in her cage , and manages to climb through . She tries to free Sawyer , but he bitterly refuses , remembering Karl 's escape and bloody capture . Kate returns to her cage , insisting that she would not abandon him , and tells Sawyer that she lied about loving him so that Danny would stop .

The next day , Ben takes Sawyer for a walk to high ground . Sawyer learns that he has no pacemaker ; it was merely a con to prevent Sawyer from leaving , and Ben shows him the same rabbit from the day before , which had been merely sedated . Ben reveals to Sawyer that they are on a completely different island approximately twice the size of Alcatraz that overlooks the main island ; escape is impossible . Upon asking why he was conned , Ben tells Sawyer that in order to gain a con artist 's respect , they must be conned themselves .

= = = At the beach = = =

Desmond Hume (Henry Ian Cusick) offers to fix Claire Littleton 's (Emilie de Ravin) roof , but takes it back after Charlie Pace (Dominic Monaghan) offers to do this himself . Desmond then uses one of Paulo 's (Rodrigo Santoro) golf clubs to build a lightning rod next to Claire 's hut . As a storm brews , waking up Aaron , then lightning strikes the golf club instead of Claire 's hut , Hugo " Hurley " Reyes (Jorge Garcia) looks on in amazement , as , again , Desmond seemed to have had a glimpse of the future .

= = Production = =

Leading up to the episode 's broadcast , showrunner Damon Lindelof asked in an interview , " Until now , Sawyer 's been the No. 1 con man on the island . What happens when he meets his match ? " Fellow showrunner Carlton Cuse added " Is he willing to put himself out there emotionally for another human being ? " . Evangeline Lilly described the scene where Kate declines to escape as a major moment to the character , saying that " due to this hillbilly she 's capable of returning to her cage . " Josh Holloway agreed , declaring that the episode revealed to Sawyer that " not everyone is evil " . The flashbacks were shot in an actual penitentiary , the Halawa Correctional Facility , which had been previously used for the prison where Desmond was incarcerated in " Live Together , Die Alone " . While some of the interns were portrayed by extras with soy ink tattoos , bikers with actual body paint were also used .

Referring to the scene in which Ben seemingly fits Sawyer with a lethal pacemaker , Michael Emerson comments

Sadistic may be the word , but he doesn 't seem to take much relish in it . He 's just sort of detached , he looks at it coldly . I sometimes feel like everything to him is a sort of scientific experiment and he is interested in a dispassionate way in how the experiment runs its course . I think some day if we ever find out what his parentage is , that his parents were people of science .

He also described the events as a demonstration that " Ben has more cards than you think ; ... he 's a step or two ahead , one layer or two deeper than anyone else who is playing the game " . The rabbit was a reference to Stephen King 's On Writing , where King uses a rabbit in a cage with the number 8 written on its back as an example for the connection between reader and writer . Emerson said that part of the appeal of the scene was that " bunnies look so innocent , and the audience feels so tenderly about them you can feel nothing but beastly being mean to them " . But Emerson added the rabbit in the scene had problems reacting to his attempts to scare him ? " it was unfazed , it barely blinked " . When asked in an interview whether she got sick of shooting on the Hydra holding cell set , Elizabeth Mitchell responded

I guess so . It was creepy because it was supposed to be underwater , so it was a little bit dingy but kind of great at the same time ... what I will miss is just being one on one with another actor . And then also one on two obviously when it was Michael [Emerson] because the three of us , it was almost like being on stage . We were able to really work off of each other and I thought you don 't usually get that in a TV show .

= = Reception = =

This episode attracted 17 @.@ 09 million American viewers , standing as the seventh most watched program of the week .

IGN's Chris Carabott said that " now that Lost has finally wrapped up most of the loose ends from season two , the episode can shift focus to this season 's mysteries . " He also felt the episode " offers a healthy mix of plot and character development with a fair share of revelations thrown in for good measure . " Christine Fenno of Entertainment Weekly declared herself " sold on the adrenaline @-@ rush direction the show has taken " , with praise to the flashbacks and the cliffhanger involving the reveal of the second island . Lost critic Andrew Dignan described " Every Man for Himself " as " quite the exhilarating episode , packing in enough thrills to make the 42 @-@ minutes fly by " in Slant Magazine . Ryan McGee of Zap2it considered " watching the con man get conned was brutally satisfying " , saying that Sawyer " [ran] the whole gamut of emotions " , and felt Colleen 's death and the reveal of Ben 's tumor " were good things , as people were already impatient by the glacial @-@ like pace of Season 3 . " Writing for AOL TV , Jonathan Toomey considered " Every Man for Himself " as " an interesting episode " which set up many new elements , and while Toomey called the flashback " a little dry and 100 % predictable " , he liked how it related to the other events in the story " right up to the title " . Mac Slocum of Filmfodder.com praised the episode for returning to the mythology , as he considered the previous episode lacked " the slack @-@ jawed wonder I 'm so accustomed to experiencing with this show " .

IGN ranked " Every Man for Himself " 70th out of the 115 Lost episodes , saying that it " offered plenty of food for thought . " On the other hand , a similar list by Los Angeles Times ranked the episode as the tenth worst of the series , describing it as the " only outright stinker " of early season 3 . Michael Emerson and Josh Holloway submitted this episode for consideration on their own behalf respectively in the category of " Outstanding Supporting Actor in a Drama Series " at the 2007 Emmy Awards , but neither was nominated .