

## Russell Crowe admits that six-year-old son prompted him to quit smoking



**HE** has played heroes, villains and epic historical figures, but it was the real-life part of a fatherly role model that made Russell Crowe give up the more than 18,000 cigarettes he yesterday admitted he was smoking each year.

The Oscar winner, who will narrate the live stadium production of Ben Hur in Sydney in October, said smoking remained a huge temptation, but one he would not go back to thanks to his six-year-old son Charlie.

"Do the maths - I have been smoking for 36 years, I would continuously lie to myself about how much I smoked," the star said.

"But (I was) smoking 40 on an easy day, but on a day when I would be up at 4am and still up at midnight then it was 60-plus, and it just got to the point where my body was telling me I had to stop.

"The reality break was that my kids never saw me smoke, and Charlie is a little older at six and is in that phase where he is sneaking up on me all the time."

A few months ago, the boy did just that.

"I was in my office enjoying watching the History Channel - as you do - and I thought I heard my office door open and I looked around and couldn't see anything, so I had my cigarette," Crowe said.

"Later on, I leant over to put my cigarette out and he was lying between the couch and the table and he very definitively saw me having a smoke. And that was my very last one."