```java
/*Bryce Allen
 *12/2/14
 *Programming I
 */

import javax.swing.JOptionPane;
import java.util.StringTokenizer;

public class CountWords {

    public static void main(String[] args) {
        String input = JOptionPane.showInputDialog(null,"Enter a Message");
        StringTokenizer tokens = new StringTokenizer(input);
        int sum = tokens.countTokens();
        JOptionPane.showMessageDialog(null,"The message \""+input
                                    +"\" has "+sum+" words");
    }

}
```