Source Code:

```java
import java.util.Scanner;
import java.util.StringTokenizer;
public class Tokenizer
{
        public static void main(String args[])
        {
                int n,sum=0;
                Scanner s = new Scanner(System.in);
                System.out.print("String Tokenizer\nEnter The String : ");
                String t=s.nextLine();
                StringTokenizer st = new StringTokenizer(t," ");
                while (st.hasMoreTokens())
                {
                        String temp = st.nextToken();
                        n = Integer.parseInt(temp);
                        sum = sum+n;
                        System.out.println(n);
                }
                System.out.print("Sum ="+sum);
                s.close();
        }
}
```

Output:

```
PS E:\Code\Java> cd "e:\Code\Java\" ; if ($?) { javac Tokenizer.java } ; if ($?) { java Tokenizer }
String Tokenizer
Enter The String : 10 20 30 40 50
10
20
30
40
50
Sum =150
PS E:\Code\Java>
```