spazbeastand about the pictures insertion what if its inside my pictures folder could i have the code for that?

It doesn't work that way.

You have to upload it to a webserver. For example, go to http://www.n00bstories.com and register for an account there, go to your image uploader and upload the image. Use the picture url and paste the image URL into your post like this:
[img]http://www.something.com/picture1.jpg[/img]

It WILL NOT work like this: [img]C:\My Documents\My Pictures\picture1.jpg[/img]

Let's write an internet tutorial for newbies.