I also used Jgrasp back in the day.

I highly recommend moving to eclipse although jGrasp is very simple and works.

To Add to the Build Path you go to Settings -> PATH/CLASSPATH -> Workspace

Click on the "Path" tab, and then the "CLASSPATHS" subtab.

Then Click "New" and where it says Path or Jar file, enter in the path to the ij jar file. Do this for each file if there are more than one.

And then click "apply" and you should be able to use import ij.* and the subsequent functions