367. Valid Perfect Square

Description

Given a positive integer num, return `true` *if* `num` *is a perfect square or* `false` *otherwise*.

A **perfect square** is an integer that is the square of an integer. In other words, it is the product of some integer with itself.

You must not use any built-in library function, such as `sqrt`.

Example 1:

```
Input: num = 16
Output: true
Explanation: We return true because 4 * 4 = 16 and 4 is an integer.
```

Example 2:

```
Input: num = 14
Output: false
Explanation: We return false because 3.742 * 3.742 = 14 and 3.742 is not an integer.
```

Constraints:

- $1 <= num <= 2^{31} - 1$