**Problem #84 [Medium]**

Given a matrix of 1s and 0s, return the number of "islands" in the matrix. A 1 represents land and 0 represents water, so an island is a group of 1s that are neighboring whose perimeter is surrounded by water.

For example, this matrix has 4 islands.

1 0 0 0 0

0 0 1 1 0

0 1 1 0 0

0 0 0 0 0

1 1 0 0 1

1 1 0 0 1