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 <= 231 - 1