Publicize Module#include [#8846]

* proposal

Change Module#include to a public method

* background

Module#include is currently a private method.

However, the method is actually quite often used (particularly by gem library authors) for appending some features from outside of the target module, such as:

```
ActiveRecord::Base.send:include, MyPagination
```

* use case

```
% cd rails
% git grep "send[ (]:include," | wc -1
45
```