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 -l
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