Emilua 0.4 released

Emilua 0.4 released after over a year of work. A few highlights:

- A new byte_span type akin to Go slices is used for IO ops.

- Many new IO ops to list here (TCP, UDP, TLS, file IO, address/service forward/reverse name resolution, UNIX domain sockets, SCM_RIGHTS-style fd-passing, pipes, serial ports, …).

- A new module for filesystem operations.

- Improved support for system clocks (absolute timeouts to avoid accumulating jitter, high resolution clocks to implement microbenchmarkings, …).

- A new AWK-inspired scanner for formatted (buffered implied) textual input. It should be easy to parse a lot of streaming textual protocols with that (e.g. HTTP, SMTP, redis, Gopher, Gemini, …) and even classical UNIX files (e.g. /etc/group, /etc/passwd, /etc/fstab, …).

- Docs can be installed as manpages, downloaded as PDF/ePUB, or viewed online in the new website.

- New interfaces to handle UNIX signals, CLI args, env vars, and process credentials.

- New interfaces to handle process & job control (+ ptys).

- io_uring support.

- Linux namespaces support (you can optionally run a Lua VM inside some namespace for practical & cheap sandboxing purposes). Next versions should improve this support and bring FreeBSD's Capsicum and Linux's Landlock to the table as well.

- Improved Windows support (you can even use a few platform-specific APIs such as TransmitFile()).

- New module for common stream operations.

- Experimental WebSocket support (API will most likely change in future releases). And going further forward I should just split HTTP+WS out of Emilua core into their own separate plugin (and separate release schedules).

- A basic regex module.