§ 27. Fire-escapes. Wire, chain, cable, combustible, vertical ladder or rope fire-escapes shall not be accepted as a required or alternative means of egress and, unless such fire-escapes are supplemental to the means of egress required by section twenty-six, they shall be removed and replaced by a system of fire-escapes constructed and arranged as provided in section one hundred thirty-three. All fire-escapes erected on or after July first, nineteen hundred fifty-three, to serve as a second means of egress shall be in conformity with the provisions of section one hundred thirty-three. It shall be unlawful to remove any fire-escape without permission from the department. Such system shall be installed, arranged and maintained in a manner satisfactory to the department and in accordance with rules adopted by the commission.