§ 377. Certain cities; license fees. No license or permit shall be issued to any person or for any purpose subject to the jurisdiction or control of the commissioner of health or health officer of a city having a population of less than one hundred seventy-five thousand, except on the written approval of the department of health of such city and the payment thereof of the fee to be fixed by such commissioner or health officer. The amount of such fee to be paid shall be fixed by a general regulation made by such commissioner or health officer for each class of licenses or permits issued. Such license or permit shall be issued and such license fee shall be received by the official designated in the ordinance creating the department of health.