buildings within that portion of the Maryland Washington Metropolitan District, established by the General Assembly of Maryland of 1927, lying within Montgomery County, as they may deem necessary, to regulate and establish the size of bricks and thickness of walls that are to be used in the houses to be built in said district or any portion therefor; to provide for the entry into and examination of all buildings, lots, yards, enclosures and car, boats and vehicles of every description in said districts to ascertain their condition for health, cleanliness and safety; to provide for the taking down and removal of buildings, walls, structures or superstructures in said district that are or may become dangerous, or to require owners to move them to put them in a safe and sound condition at their own expense; to regulate the building and maintenance of party walls, partitions, fences, parapet and fire walls, smoke flues, fireplaces, hot-air flues, boilers, kettles, smokestacks and stovepipes in said district, and the storage of gasoline and other combustibles or explosives therein; to provide for and regulate the safe construction, inspection and repair of all private and public buildings within said district; to regulate, restrain or prohibit the erection of wooden or frame buildings within the present limits of said district or any thickly populated portion of the same and to remove the same at the owner's expense, when erected or suffered to remain contrary to law or such regulations as they may adopt; to regulate the height, construction and inspection of all new buildings hereafter erected in said district; to regulate the limits within which it shall be lawful to erect steps, porticoes, bay windows, or other structural ornaments to houses fronting on any of the highways, streets, avenues, lanes or alleys of said district, and generally to adopt and enforce for the whole of said district or for thickly populated portions thereof, all necessary regulations or rules for the aforegoing purposes, and to prescribe fines and penalties for violations thereof; provided, however, that no such rules and regulations so adopted by said County Commissioners as aforesaid shall be deemed valid or effective until the same shall have been formally adopted by the said County Commissioners at a regular meeting, and recorded in a book kept in their office for the purpose, and until said rules and regulations shall have been published at least three times in two of the county papers in Montgomery County; and it shall be the duty of the County Commissioners to cause said rules